

Coping Together

Every year, over one thousand people are cared for by the team at St. Gemma's Hospice. The ethos of St. Gemma's is to meet the physical, emotional and spiritual needs of both patients and their families, giving patients a choice regarding their care.

Hospices are often most widely recognised for the specialist care they provide to patients on the wards. At St. Gemma's, the thirty-two bed in-patient unit provides expert care to people who are not able to be cared for at home. The busy Day Hospice is also available for those who wish to make weekly visits to receive treatment, care and companionship.

But for many people, the first contact with St. Gemma's is via one of our Hospice Community Palliative Care Nurses. The team of eight St. Gemma's Community Nurses are qualified and experienced in the care of patients with specialist palliative care needs, and they are skilled in symptom management. The team provide patients and their carers with advice and have the expertise to access support services which will help patients to live their lives to the full. The nurses visit patients in their own home, including residential and nursing homes.

The St. Gemma's Community Nurses work alongside their colleagues at the Hospice so they are able to draw on the skills of other members of the team such as complementary therapists, social workers, chaplains as well as other nurses and doctors.

Denise,* a Hospice patient, tells us her story. "I was diagnosed with incurable cancer in 2004. My GP suggested that I should be referred to St. Gemma's Hospice. I felt quite poorly at the time and I thought I would be admitted to the Hospice. I was most concerned about my family and how they would cope if I was not at home. I received a phone call from a St. Gemma's Community Nurse, and after a chat she asked if she could call round to my home to meet me and my family. During her visit, she focused mainly on my needs and concerns but she was also supportive of my husband and children. She explained that she could visit me regularly and that I did not need to be admitted to the Hospice which was a relief at the time. I was suffering some pain and I felt terribly anxious but she supported me and offered me choices about my care.

From time to time I now visit the Day Hospice. I meet with the doctor and nursing team and it is lovely to chat with



Members of the St. Gemma's Community Nursing Team

other people in the same situation as me. On my last visit I even enjoyed a massage and had my hair done. I felt like a new woman when I went home that night!

A few months ago, I began to feel tired and sick which was difficult for me to cope with at home, so my Nurse suggested that I spend some time as an in-patient at the Hospice. I was nervous about this but she reassured me and took care of all the plans. I was quickly welcomed into the care of the nurses on the ward. After a few days of expert care and attention, my distressing symptoms subsided, and I felt able to come home once again. My St. Gemma's Community Nurse continues to support me and my family throughout this time.

I can honestly say that being able to choose to stay at home with my family has been invaluable to us. The wonderful support from the St. Gemma's Community Nurse has helped me cope through a very difficult time in my life and I couldn't have done it without her. My future may be shorter than I would want, but with help my family and I can face what is to come."

At St. Gemma's we believe that whether a patient is at home, visiting the Day Hospice, or staying in our in-patient unit, they deserve the very best care and support, whatever their need. What is more, it is all totally free of charge to the patient and their family. The St. Gemma's Community Nursing Service helps people like Denise and her family to cope with terminal illness – together, as a family.

* Patient's name has been changed.

Sponsor a Nurse

Each year the St. Gemma's Hospice Community Nurses make over 3,500 visits to patients in their own homes. As with all St. Gemma's services, this is provided free of charge to patients, families and carers. It costs the Hospice £110 for a St. Gemma's Community Nurse to make one visit to a patient in their own home.

If you would like to sponsor a nurse by making a donation or by organising an event, please complete the form below:

- I would like to sponsor a nurse at a cost of £110
- I would like to make a donation to support the St. Gemma's Community Nurses
- I would like to sponsor a nurse by organising an event. Please send me a fundraising pack.

Name

Address

Postcode

Phone

e-mail

I enclose £ (cheques payable to St. Gemma's Hospice)

I wish to pay by: debit card issue no
 credit card

Card number

Valid from / / Expires / /

Holder's name

Signature

Date / /

Add 28% to the value of your donation

Under the new Gift Aid scheme we can reclaim the tax on all donations from U.K. taxpayers. This means we can increase the value of each donation by 28p for every pound you give. All you need do is tick the box below. We will do the rest.
 Yes I would like St. Gemma's Hospice to claim back the tax on any donations I make from 6th April 2000 until I give further notice. You must pay an amount in income tax or capital gains tax at least equal to the tax the Hospice reclaims on your donation in the tax year.

Please send this form in an envelope marked Sponsor a Nurse to: St. Gemma's Hospice, FREEPOST NEA9320, Leeds, LS17 7YY. Alternatively, donate on-line or download a fundraising pack at: www.st-gemma.co.uk.

10 facts about St. Gemma's Hospice

- 1 St. Gemma's Hospice was opened in 1978 in Moortown, Leeds. It is the largest Hospice in Yorkshire and the fourth largest in England.
- 2 A Hospice is not just a building; it is a philosophy with the emphasis on care, compassion and respect for the dignity of each person as an individual.
- 3 St. Gemma's Hospice provides specialist medical and nursing care for people with life threatening illnesses, predominantly cancer, along with support for their families.
- 4 Care can be offered to patients and their carers in the Hospice's In-patient Unit, through our team of Community Nurses, the Day Hospice, or as an Outpatient. Carers can also be supported by the Hospice's Bereavement Service.
- 5 St. Gemma's Hospice welcomes and provides care for people from all faiths and none. The staff focus care around the needs of the individual and are respectful of all beliefs, religions and cultures.
- 6 40% of patients admitted to St. Gemma's Hospice are discharged. The usual length of stay is 14 to 18 days.
- 7 The services provided by St. Gemma's Hospice are free of charge to patients, families and carers.
- 8 The annual running costs of St. Gemma's Hospice are over £5.5 million, more than half of which must be raised from voluntary contributions and fundraising events.
- 9 St. Gemma's Hospice would not be able to offer the quality of care provided without the valuable and ongoing support of the local community.
- 10 The work of St. Gemma's staff is complemented by a large team of over 400 volunteers who work in all areas of the Hospice, as well as in the chain of charity shops.



Successful Nursing Recruitment Days

There is a national shortage of qualified nurses in Britain today with thousands of unfilled posts in all areas of the country and in all care settings. Although we are lucky at St. Gemma's that we do not have a large number of nursing vacancies, we still recognise the need to be proactive and to promote the Hospice as a great place to work.

To help with this process we recently decided to hold two 'open days' so that nurses who may be interested in working at St. Gemma's could come along and have a look around and ask questions. We were fortunate enough to have support in this venture from the Yorkshire Evening Post who printed a story about how it feels to work at St. Gemma's. Janet Wignall, Team Leader on the Moors ward, and I are both quite new to the Hospice and we described how it is a cheerful and pleasant place to work. We were keen to dispel the myth that working in a hospice is a sad and depressing experience. Indeed, there is a lot of joy and laughter at the Hospice. There are times, of course, when the work can be challenging and sad but on the whole it is positive experience. As well as the clinical aspects of the work St. Gemma's is also proud of the education and development opportunities offered to the staff.

We were delighted that the recruitment days were a success. There was a good response from registered nurses but we were



also delighted to have calls and visits from other health professionals such as physiotherapists and health care assistants all keen to find out a little about working in a hospice. Of course, those of us who work at St. Gemma's already know what a wonderful place it is to work and we hope that some of those who visited us on the recruitment days will discover this in the future.

Julieann Carter, Director of Nursing

For more information about nursing opportunities at St. Gemma's Hospice, please contact Julieann on 0113 218 5500.

Springtime and Easter

Spring is a time of change and growth. The buds emerge on the trees, flowers bring a feast of colour, all signalling hope, new life and renewal after the darkness of winter. We can scarcely hide our surprise when we see those first snowdrops! We marvel at how they survive the harshness of winter and emerge with fragile beauty heralding a new season of growth. Perhaps it hints that the winter seasons that come in our own personal lives, through illness or grief or some other troubles, will give way to new life, hope. Spring wakens us to what is within so that we can grow.

Our personal springtime may not always coincide with the season of the year but even in our winter times the spring gives us hope that new life will come as sure as spring follows winter. The resurrection of Christ is central to the Easter celebration which assures us that a new season of the heart and spirit is possible no matter how dark and empty the inner space feels. Easter is about trusting that transformation will come.

Other faith and cultural festivals that punctuate the springtime are Purim, when the Jewish people celebrate the bravery of



Queen Esther, and Passover when they ponder the journey from slavery to freedom. Hindus celebrate a spring festival of colour and it is new year for the Baha'i and Zoroastrians. Whatever season we are living through or whichever festival is apt for you, we at St. Gemma's pray that the spring may bring us all hope and peace and enable us to cultivate the garden of our life.

Sr. Brigid Murphy CP



St. Gemma's Consultant Embarks on Exciting Sabbatical

St. Gemma's Hospice Consultant, Dr Mike Bennett, is going on sabbatical to Texas for two months in April and May. Mike has been invited as a visiting professor at one of the world's leading palliative care units based in the MD Anderson Cancer Center, Houston. He will work with Professor Eduardo Bruera and his team, a world renowned academic in the field. This is a great opportunity for Mike to get insights into clinical practice in North America to bring back to St. Gemma's, as well as teach the Houston team about St. Gemma's and how it has earned its national reputation for palliative care services.

Throughout Mike's trip, he will also learn more about making sure that academic activities are successfully linked with benefits to patients. This vital experience will enable Mike to continue leading and developing St. Gemma's Clinical Teaching and Research Unit (CTRU) with his team. The mission of the CTRU is to, 'Improve patient care through knowledge' and this is achieved through research studies, teaching, training and promoting evidence based clinical care. We wish Mike well and look forward to hearing about his sabbatical in the Newsletter later this year.

Communication is the Key with Lloyds TSB

St. Gemma's has recently been awarded a grant of £5,000 from the Lloyds TSB Foundation to train up a number of clinical staff in communication skills in specialist palliative care (CSSPC). The training will take place at two levels. One group will be trained to CSSPC level 4, which will enable them to provide assessment and monitoring of other staff's communications skills. A second group will also be trained to CSSPC level 5, which will also qualify them as accredited trainers.

This means that in future we will become self sufficient in providing our own CSSPC training and, in the process, save the Hospice future external expenditure. A total of 18 members of staff will be trained and the long-term outcome will mean an improved service to both patients and their relatives. The areas of communications that CSSPC deals with include:

- ❖ Breaking bad news
- ❖ Coping with anger in patients/relatives
- ❖ Dealing with difficult questions
- ❖ Dealing with conflict

Many thanks to the Lloyds TSB Foundation for their support.

Find out more about St. Gemma's plans for the next five years

If you would like to know more about the plans for St. Gemma's Hospice over the next five years, the new strategy booklet for 2006-2011 is now available.

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



Donate & Dine with Brian Turner

Host a dinner or cocktail party for your friends and raise funds for the Hospice at the same time. We will provide you with a fundraising pack which contains dinner party tips, after-dinner fun and games, tips for raising funds, recipe ideas, invitations, place names and much, much more! You will have a great evening knowing that it is all for a great cause, and that celebrity chef, Brian Turner has endorsed it! You could even choose a Brian Turner recipe for your guests. For your free fundraising pack call Laura on 0113 218 5505 or visit: www.st-gemma.co.uk/fundraising.



"One of the great pleasures in life is enjoying superb food in good company. I can think of no better way to raise funds for St. Gemma's Hospice, Leeds. All the very best with your dinner parties."

Brian J. Turner, CBE

Janet's Labour of Love

Since 2002, Janet Fisher and her family and friends have been raising money for St. Gemma's Hospice in memory of her mum, Mary Littlewood. Mary was cared for by the Hospice and to show her thanks, Janet set herself the target of raising £5,000. At the St. Gemma's Autumn Fair in October last year Janet reached, and exceeded, her target. To date, the family have raised a magnificent £5,219.53. It's been a real labour of love for them all. Think of any way you could raise money and Janet, or someone she knows, has done it. From sponsored runs to parachute jumps, coffee mornings to bric-a-brac sales and from prize every time tombolas to sponsored sleepovers in a bouncy castle, Janet's loyal team have done it all. On behalf of all the staff and patients at the Hospice, we would like to thank Janet and all her team for their incredible hard work and loyalty. It really does make a difference.

Run for us!

If you are a runner, or even if you think you might start running, below are some events you could take part in and help raise funds for the Hospice.

London Marathon – Sunday 23rd April : If you already have a place in this year's London Marathon and would like to run in aid of the Hospice, we would love to hear from you.

Leeds Half Marathon – Sunday 7th May : Got your place for Leeds' best half marathon but don't know who to run it for? St. Gemma's can guarantee that every penny you raise at this Leeds event will benefit the Leeds patients we care for.

Roundhay Run – Saturday 23rd September : Join us for our annual five mile fun run in Roundhay Park, suitable for all ages and abilities.

Great North Run - Sunday 1st October : Just missed out on a place in the ballot or fancy having a go at the most popular half marathon in the U.K? We have 75 guaranteed entry places to give away. Alternatively, if you were successful in the ballot and would like to raise money for St. Gemma's we would love to hear from you too!

To take part in any of these events call Gail on 0113 218 5570, Laura on 0113 218 5505 or visit: www.st-gemma.co.uk/fundraising. We look forward to hearing from you!



Dame Cicely Saunders Memorial Lecture

St. Gemma's Hospice is proud to be hosting a memorial lecture on 23rd March which will pay tribute to Cicely Saunders, founder of the modern Hospice movement.

The Lecture, "Palliative Care – Furthering the Vision," will be given by Dr Nigel Sykes who is Medical Director and Consultant Physician at St. Christopher's Hospice, Sydenham, and was previously Macmillan Lecturer in Palliative Care at Leeds Medical School. Dr Sykes knew Dame Cicely well and worked with her for many years. He has written widely on symptom control in cancer and motor neurone disease, is a frequent contributor to television and radio programmes on ethical issues, and has made presentations to Parliamentary committees.

Dame Cicely died at her own hospice in July 2005 and this lecture, which will be attended by healthcare professionals from across the

region, will pay tribute to her pioneering work and review the development of hospice care and palliative care in general.

For more information please contact Sue Nixon on 0113 218 5525.



*Dame Cicely Saunders
(photo courtesy of St. Christopher's Hospice)*

OUR HEARTFELT THANKS GO TO...

All our fantastic fundraisers who have raised money for us over the winter months in all sorts of wonderful ways, including: Odessa Stoute for her annual sponsored swim, Tony & Anne Lister for their Popular Sequence Dance, LS7 for hosting a wine tasting evening, Vivace Music Group for their Annual Christmas Show, the Holbeck Moor Mummies, Jean & Bill Barrass for their auction, Ed Binks & Steve Kirk for running the New York Marathon, Richard Brady for taking part in the incredible Tough Guy Competition, the pupils and staff at Mount St. Mary's School who raised nearly £1,500 from their annual Christmas Street Collection, Peter and Hazel Kitchen for organising and running Helping Hands Bingo, Onstage for raising £1,875 from their All Star Christmas Special Show, Malcolm Moss for raising £7,300 from his wonderful Winter Ball, the Celebrity Sports Quiz Committee and sponsors for raising over £26,000 at the Quiz & Dinner, BNI Moortown Chapter for their Comedy Night, Chris Boardman and Barclays Direct Mortgages for their Treasure Hunt which raised £2,468, Hunslet Green Community Sports Club for their Firework Display, Roundhay Friends who raised £1,144 at their Quiz Night, the C.I.O.B, David Wilson Homes, Land Securities, Andy Pearson and all at Leeds Mail Centre for their innovative staff fundraising, Zenith Vehicle Contracts, all who supported our Light Up A Life Appeal which raised over £45,000, the stall holders and volunteers for raising £7,500 at the Christmas Market, 8 year old Denver Morton who raised £82.50 by selling raffle tickets to family and friends, and to Persimmon Homes and Privilege Insurance for their ongoing fundraising throughout last year.



*Photo shows Tim, Claire and Jayne on the night of their event.
(Courtesy of Ron Blenkinsop)*

In a previous edition of the Newsletter, we featured sisters Claire Gadsby and Jayne Upperton, who together with Claire's husband Tim, organised a Golf Day and Ball in memory of their father Albert Herring. We are delighted to report that the event was a complete sell-out and Claire, Jayne and Tim raised a magnificent £13,600 for the Hospice. Congratulations and many thanks!

ST. GEMMA'S CHRISTMAS RAFFLE

Thank you very much to all those who bought and sold raffle tickets over Christmas. We raised a staggering £24,000. The winning numbers are 137760, 015849, 072972, 138467, 115714, 202211, 146365, 042512, 030350, 155612.

VOLUNTEER VACANCIES

Online Shopping for a good cause

Use the Internet to your advantage by shopping at our special online shop. Not only can you pick up excellent deals and have the goods delivered direct to your door, you can also raise funds for St. Gemma's. All the retailers signed up to our site, including Amazon, Marks & Spencer, Comet and John Lewis, will donate part of your purchase price to the Hospice. To have a look what you could buy online and see how easy it is to raise money for the Hospice visit **www.buy.at/st-gemma**. From holidays to CD's and fridges to clothes, there's something for everyone and something for every occasion!

Where there's a Will...

by **Graham Richards, Legacy Fundraiser**

In the past six months, I have been personally reminded of the need to re-visit my Will on a regular basis. I know the feeling that once written, we tend to sigh with relief and think, "That's that out of the way." However, life has a nasty habit of creeping up and overtaking us!

A change in personal circumstances led me to re-write my own Will at the beginning of 2005. When I approved the Will in mid-February, I included two Executors – both of them younger than myself – to see that my wishes, as expressed in my Will, are fulfilled. Unfortunately, six months later, one of these two people died, which means I now need to appoint another Executor to replace him. Fortunately, removing, changing or adding another Executor is not complicated and your solicitor can advise you the best way to do this. It does not mean having to create a whole new Will!

All this just brought home to me the fact that life is always moving on and changing around us and it is easy to forget to re-visit your Will and make sure it is still accurate (or even legal in some cases!) It also gives us the opportunity to look again at what we are leaving and to whom. I made some changes in my last Will that added a couple more charities, including St. Gemma's, to the charitable gifts I wanted to leave.

If you would like more information about leaving a gift to St. Gemma's in your Will, or would like to receive our legacy pack to assist you, please contact me on 0113 218 5506, or email: grahamr@st-gemma.co.uk.

Spring Gift Sale

Following on from the success of our long-standing Christmas Gift Sales, the St. Gemma's Hospice gift shop is putting on a new Spring Sale on Friday 17th and Saturday 18th March between 10 a.m and 5 p.m. The sale will have a wide range of beautiful gift and home-ware, along with goods especially for Easter, all at our famously low prices. We will also have hot cross buns and hot and cold drinks, so why not come along to the Hospice Conference Centre for a leisurely shop?

Do you have a spare couple of hours per week or even a day? Would you be interested in joining our valued team of volunteers who provide St. Gemma's with the additional support which helps us to provide our patients with excellent care? If you would, please look at the vacancies in the following departments and if you are interested in any of the roles please contact the specific manager in that area in the first instance.

WARDS

- ❧ Shoppers required to shop for patients on Monday and Friday mornings, visiting the local shops.
- ❧ Answering the ward telephones at weekends.

Contact: Eileen Aspinall, Tel: 0113 218 5500

DAY HOSPICE

- ❧ A flexible general volunteer to deputise for volunteers who are on holiday or sick.
- ❧ Volunteers with qualifications and skills in manicuring, hairdressing or computers and the ability to share these skills with patients.

Contact: Mary Curl, Tel: 0113 218 5549

FUNDRAISING — SHOPS

- ❧ Shop volunteers always required at our shops located around the city for a few hours a week.
- ❧ Driver's Assistants to go out on the vans with our drivers, posting bags through letterboxes then picking up the filled bags and delivering them to the shops. No driving involved. The role involves set start times of 7.30/8.00 a.m.

Contact: Sarah Cohen, Tel: 0113 218 5576

FUNDRAISING — TEA AT 2

- ❧ To oversee Tea at 2 each month, ensuring the event runs smoothly.
- ❧ To serve teas and coffees.

Contact: Louisa Wood, Tel: 0113 218 5559

FUNDRAISING — GENERAL

- ❧ To sell raffle tickets at various events.
- ❧ To help at our fairs and fundraising events throughout the year.

Contact: Pauline Storey, Tel: 0113 218 5555

SECURITY

- ❧ To help keep the Hospice secure in the evenings and at weekends.

Contact: Graham Fox, Tel: 0113 218 5531

BISTRO

- ❧ Our busy Bistro caters for visitors and staff. The role involves operating the till, serving food and beverages and helping with the service to clients in the Conference Centre. Required from 10 a.m until 2 p.m Mondays, Tuesdays and Fridays.

Contact: Angela Perkins, Tel: 0113 218 5532

Birthday thanks

Many thanks to Barry Henson who raised an amazing £2,035 in lieu of presents for his 70th Birthday. The total was boosted by a generous donation from Chromagene Ltd.

COMPLEMENTARY THERAPIES TEAM

- ❧ Required for 3 hours a week for administrative and other non-clinical work. Basic computer skills required.

Contact: Marianne Tavares, Tel: 0113 218 5567

CARING FOR PLANTS

- ❧ Required for 2 hours a week to nurture and care for our indoor plants.

Contact: Sr Brigid Murphy, Tel: 0113 218 5500

ADMIN' — BEREAVEMENT SUPPORT

- ❧ Duties include sending out bereavement information and filing. Basic IT skills desirable.

Contact: Pippa Bonner, Tel: 218 5568

WE NEED VOLUNTEERS!

Are you looking for a new hobby this year? Fancy meeting people whilst raising much needed money for the Hospice? Then volunteer to help with our supermarket collections or bag packing at stores close to your home. Contact Joyce on 0113 218 5565 for details of a collection near you.

Survival

January...
and days, lead-heavy,
drag backwards; but
to the rescue come
some tougher thoughts
which pull and push
towards an untouched spring.

Yearning for fresh crocus buds
is one way to survive.

February...
And there they are,
ripe for bursting into weave
of purple-yellow-white,
eye-dazzling and daring
after winter's shabby
threadbare covering.

Pinch me quickly!
I feel...
I am alive.

Diana Holt (1995)

*Apologies to Diana that this poem
was misquoted in the Hospice history.*



Forthcoming Events



31ST COLOUR & MUSIC SPECTACULAR, ST. CHAD'S PARISH CENTRE, HEADINGLEY – 9TH TO 11TH MARCH

A series of short audio-visual presentations on wildlife, travel and humour. Tickets are just £5 for the evening and include refreshments. Contact Graham on 0113 218 5506.

CASINO NIGHT – SATURDAY 11TH MARCH

The Roundhay Friends of St. Gemma's present a black tie Casino Night from 7.30 p.m in the Hospice Conference Centre. Tickets are £12.50 and include a finger buffet and your initial starting chips. Contact Louisa.

EVENING OF HEALTH & WELLBEING – THURSDAY 16TH MARCH

Beat the winter blues and join us at David Lloyd Leisure Centre for the opportunity to listen to inspiring talks to motivate and empower you, get some tips about healthy eating and exercise and enjoy massages and a little pampering, sure to be a real pick-me-up for the spring. Tickets cost £10 and include refreshments and a gift bag. Contact Laura

SPRING FAIR – SATURDAY 1ST APRIL

Stalls, games, refreshments and fun. From 10 a.m-2 p.m in the Hospice Conference Centre. Contact Gail.

JUMBLE SALE – 8TH APRIL

Join the Roundhay Friends for their Annual Jumble Sale in the Hospice Conference Centre from 11 a.m. Contact Louisa.

TROLLEY DASH – 10TH APRIL AT SAINSBURY'S, COLTON, LEEDS

Enter our competition for your chance to win a 2 minute trolley dash at Sainsbury's! You could win a week's shopping for just £1! Contact Louisa.

DIANA NELSON, A LIFE CELEBRATED: ART EXHIBITION AT THE LIGHT – 10 TO 13TH MAY

A collection of works by the late Diana Nelson will be on display from Weds 10th to Sat 13th May at The Light Shopping Centre in Leeds city centre. Entry is free but proceeds from all the works sold are in aid of the Hospice. Contact Laura.

SPONSORED BIKE RIDE – SUNDAY 21ST MAY

Enjoy the beautiful Yorkshire scenery whilst taking part in a 31 mile bike ride around North Leeds and the Harrogate District. The ride takes a circular route, starting and finishing at the Hospice. Contact Gail.

RUGGER RAMBLE & WHARFEDALE OFF-ROAD MARATHON – SATURDAY 3RD JUNE

Whether you fancy a nice walk in The Dales or a more intrepid fell run, this is the event for you! The Rugger Ramble is a 12 mile or 25 mile walk starting at Grassington and the Wharfedale Off-Road Marathon and Half Marathon follow the same routes. Contact Laura.

RACE NIGHT AT TEMPLE NEWSAM GOLF CLUB – 23RD JUNE

All the fun of the Races but on the big screen! Come along to Temple Newsam and bet on 8 thrilling races – you can even be a race horse owner for the evening. Contact Gail.

VIRTUAL GIFTS

Looking for the ideal birthday present, thank you or special gift? Then we have the perfect idea! Why not treat one of our patients to a massage, as a gift to your mum for Mother's Day? Or how about donating money to go towards Spring bulbs for our gardens as an Easter gift? The recipient of the gift will receive a gift card, explaining how they have helped St. Gemma's and will be thrilled they have helped such a worthy cause. To view our range of virtual gifts visit: www.st-gemma.co.uk or call 0113 218 5505 for a catalogue.

PARACHUTE

Do you want an adrenaline rush or to experience a thrill of a lifetime? We are looking for daring volunteers who would like to make a parachute jump to raise funds for St. Gemma's. You can either take part in a Tandem Skydive from 10,000 feet or a solo jump at 3,000 feet. If you would like to jump out of a plane, a mile above the earth, then contact Gail.

SPONSORED FIRE WALK

For those scared of heights but still wanting an adrenaline rush, how about a short walk barefoot across burning coals? We are currently looking for volunteers who would like to take part in a

Sponsored Fire Walk event later in the year – it is safe and full training is given. Contact Gail.

OPEN GARDENS

We are looking for people with a keen interest in gardening to help us design, promote and run our Open Gardens event in June. To take part and meet like-minded friends, contact Louisa.

TEA AT TWO

Join us on the first Tuesday of every month for afternoon tea with stalls selling jewellery, lovely edibles and quality bric-a-brac- fun is had by all! Contact Louisa.

ST. GEMMA'S FUNDRAISERS

Elizabeth 0113 218 5575
elizabethb@st-gemma.co.uk
Gail 0113 218 5570
gailj@st-gemma.co.uk
Laura 0113 218 5505
laurar@st-gemma.co.uk
Louisa 0113 218 5559
louisaw@st-gemma.co.uk

2006 Lake Windermere Row



The Rowing Stones team from ACORN Stairlifts

What do police officers, tax inspectors, nurses, bankers, scouts, teachers and students all have in common? They all participated in last year's Windermere Row raising over £65,000 for the Hospice. Some teams dressed up and we saw teams of hula girls, nuns, pirates and red Indians and a team dressed as The Rolling Stones, or the 'Rowing Stones' as they called themselves!

This year is the 25th Anniversary of the Windermere Row and we are anticipating more rowers than ever. You can row on the 10th, 11th, 17th or 18th June and boats are for teams of 2, 4, 6, 7 or 8 rowers. There is a 10 mile course from Ambleside to Bowness or the full 21 miles of the lake for the more advanced rowers. We are looking for teams to take part, be they families and friends, sports and social, church groups or teams of work colleagues. Last year, ACORN Stairlifts entered 12 teams who all competed against each other raising an amazing £11,000 as well as having a fabulous, fun-filled weekend. Entry is free – all we ask is that the rowers raise sponsorship.

For more information and an entry form, please call Elizabeth on 0113 218 5575.