



England Sporting Hero Visits Hospice Patient



“ All the family have been really excited by his visit ”

Staff at St. Gemma's Hospice were delighted when former England cricket captain Alec Stewart visited recently. The 46 year old sporting hero was in Leeds and was kind enough to host 'An Audience with Alec Stewart' – which included a gruelling Q&A session which raised money towards the Hospice.

But when he found out that one of the Hospice's in-patients was a big fan, he made sure that he found time to meet him and spent some time with his family.

Hospice patient and avid cricket fan, Paul Armstrong was thrilled to meet his hero and said, 'All the family have been really excited by his visit.' Alec chatted with Paul, his wife Lisa and their two young sons, Robbie, 7 and Jack, 2. He also signed Paul's beloved England Ashes 2009 T shirt for the two boys.

England cricket captain Alec Stewart visits Paul Armstrong, his wife Lisa and sons Robbie and Jack (photo courtesy of Yorkshire Evening Post)

Paul, aged 40, who was ill with an incurable brain tumour, said that it was a privilege to have met Alec at the Hospice. Sadly, Paul died a few days later.

Alec's visit was made possible by St. Gemma's corporate supporters, Yorkshire Bank, as he is one of their ambassadors. He said, 'Lots of people do a lot for the community so I can hardly say I have a halo over my head. But when there's an opportunity to help out, I am keen to be there. This has been a humbling experience.'

We would like to thank Alec and Yorkshire Bank for their kind support. Many thanks also to Lisa Armstrong who has kindly agreed for us to publish this story and photograph of Paul and her family.

Text Us



Our brand new text service is now up and running. If you would like us to keep you up to date with our forthcoming events and send information directly to your mobile phone, text **Events to 60777**. (Standard network rates apply.)

Yorkshire Evening Post Half and Half Appeal 2009

Everyone at St. Gemma's would like to express our sincere thanks to the readers of the Yorkshire Evening Post and everyone who donated to the Yorkshire Evening Post Half and Half Appeal in 2009.

We were extremely pleased when Editor, Paul Napier from the Yorkshire Evening Post presented both St. Gemma's and Wheatfields Hospices with a cheque for £36,500 each. St. Gemma's are very grateful to the Yorkshire Evening Post for their continued support and fundraising.

Patient Guide to our Services



We have recently developed a new booklet entitled, 'The Patient Guide to our Services'. The booklet is aimed at prospective patients and carers and gives a comprehensive overview of the care offered by St. Gemma's

Hospice, via our Community Team, Day Services (which includes Day Hospice and Out-Patients department) and In-Patient Unit.

The booklet is currently being sent to all GPs in Leeds as well as other healthcare professionals who may recommend St. Gemma's Hospice care to their patients such as Hospital and District Nurse teams.

If you would like a copy or a supply, please e-mail: tinab@st-gemma.co.uk

Contact us

The St. Gemma's Hospice Newsletter is produced four times a year and is sent to over 30,000 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 not to receive this or other mail from St. Gemma's, please contact us. You can call: 0113 218 5555, email: suel@st-gemma.co.uk or write to: Sue Lakie, St. Gemma's Hospice, Freepost NEA 9320, Moortown, Leeds, LS17 7YY.

Your Hospice, Your Ideas

Like all charities and businesses St. Gemma's plans very carefully for the future taking into account the changing needs of our patients and what is happening in the wider world and also closer to home in Leeds. The Hospice undertakes a full review every five years and the current strategic plan will come to an end in March 2011. So now is the time to start thinking about how St. Gemma's may need to evolve and move forward during 2011 – 2016. As Hospice supporters and in some cases users of our services, we are very keen to hear your views. We have developed a questionnaire and hope that as many of you as possible will either visit www.st-gemma.co.uk and complete it online, request a paper copy from Sue Lakie at our usual address, phone 0113 218 5555 or email suel@st-gemma.co.uk. This is your opportunity to get involved and influence how St. Gemma's provides its vital care to the people of Leeds.

Memories are Forever

Our busy creative arts room is a place where you can often find patients releasing undiscovered talents! One of our Day Hospice patients, Joyce, has recently been working with the Creative Arts workers, Clair and Sue, to create a special box which contains memories about herself and her family. It includes a 'concertina' book which celebrates the joy her grandson has brought to her life, as well as a CD recording of a song she composed and sang with our Music Therapist, Kath Fathers.

Joyce commented, 'Coming to St. Gemma's, I've achieved more little wishes than I could've hoped for – things I wanted to do have come true.'



the midnight walk

in aid of St. Gemma's Hospice

Saturday 15 May 2010

Join us for our popular ladies only sponsored walk starting at midnight. Choose from the 6 mile or 12 mile routes that both start and finish at the Leeds Rugby training ground on Kirkstall Road. Entry to this event is £15 which covers the cost of running the event, meaning that every penny raised in sponsorship goes directly to patient care at St. Gemma's Hospice.

To register for this event, visit:

www.leedsmidnightwalk.co.uk

or contact Laura on 0113 218 5570.



“I’m not sure what I expected but I absolutely did not expect to enjoy the event anywhere near as much as I did. I will definitely be signing up for next year! ”



“Thanks for a lovely night. It was tiring and emotional but worthwhile. The atmosphere was wonderful. ”

I would like to take part in The Midnight Walk!

Title (Mrs / Miss / Ms / Dr etc)

Name

Address

..... Postcode

Contact Tel : d.o.b.

email :

I would like to walk the 6 mile route

I would like to walk the 12 mile route

Baggy T-shirts: Small Medium Large

I know someone who can volunteer on the night.
Please send me further information

I enclose my entry fee of £15

All cheques must be made payable to St. Gemma's Hospice

Signed

Please complete and return the form
along with your entry fee to:

The Midnight Walk, St. Gemma's Hospice,
329 Harrogate Road, Moortown, Leeds, LS17 6QD

Our People

Here's an update on what some members of the St. Gemma's Hospice team have been working on during recent months ...

Hospice welcomes new Physiotherapist to the team

St. Gemma's recently welcomed a new Physiotherapist to the Hospice team. Sally Binks previously worked for the NHS in Intermediate Care covering the North West area of Leeds. She joined the Hospice in December 2009 and is settling into her new role which involves holistic assessment of patients including looking at mobility, function, symptom control and respiratory care. Sally said, 'I am enjoying working with patients to promote their independence and improve quality of life within the limits of their illness. The whole team at St. Gemma's strives to provide the best possible care for our patients and I am proud to be part of that team.'

If you would like to know more about the role of the Physiotherapists at St. Gemma's Hospice, please e-mail: sallyb@st-gemma.co.uk

Sally Binks with patient, Joan Hebden, pictured top left.

Just the medicine

Sally Coppock, one of our senior nurses at the Hospice recently successfully completed a prescribing course which means that she can now prescribe drugs for St. Gemma's Hospice patients in the same way as our doctors. This is a brand new and exciting development which we are initially trialling in our Day Hospice. This now makes it even easier for our Day Hospice patients to have timely access to drugs that will help their symptoms, such as medicine for pain, sickness and breathlessness.

Sally said, 'Patients are so far happy that they can be seen by a Nurse who assesses their needs and discusses the best way of managing those and is able to follow this through by writing prescriptions for appropriate drugs as required. This saves patients from having to collect prescriptions from their GP as would have previously been the case.'

This new service will be evaluated for its effectiveness and impact on patients and staff within Day Hospice. It is hoped that this will be a successful addition to our service.

Sally Coppock, pictured centre left.

The 2010 Leeds Year of Volunteering

Leeds City Council has launched the '2010 Leeds Year of Volunteering.' The campaign is to celebrate the dedicated support of volunteers across the city and it's an opportunity to promote volunteering and encourage more people to get involved.

St. Gemma's Hospice is very proud to have a faithful and active team of volunteers helping in a variety of roles throughout the organisation. Collectively they save the Hospice thousands of pounds each year by providing their time and skills. We would certainly like to take this opportunity to thank our volunteer team for their valuable and ongoing support of St. Gemma's Hospice. We couldn't do it without you. We are particularly interested in opening up our volunteer roles and opportunities to all ages and also to people who may only have limited time to spare for volunteering activities. If you would like more information about volunteering at St. Gemma's Hospice, please contact Kathryn on 0113 218 5573 or e-mail: kathrynb@st-gemma.co.uk or visit our website www.st-gemma.co.uk

Volunteers at the Boston Spa shop, pictured bottom left.



Teaching Tomorrow's Doctors

Dr. Jason Ward, pictured top right.

St. Gemma's Hospice recently hosted the first study day of the National Association for Palliative Medicine special interest group for undergraduate medical education. The group was formed last year to provide a forum for discussion, debate and sharing of ideas for those involved in teaching palliative medicine to student doctors across the UK. The meeting, entitled "Teaching Tomorrow's Doctors about Palliative Care" was attended by around fifty doctors and included a range of talks on both current practices and new ideas.

Dr Jason Ward, Consultant in Palliative Medicine at the Hospice and Lead for palliative medicine education at the University of Leeds is the new co-ordinator of the group and helped organise the study day. He said, 'The day provided a great opportunity for teachers of palliative medicine from across the country to come together to review what we currently do and plan how we might share ideas and collaborate in future. The study day received excellent feedback with delegates commenting that a very strong line up of speakers provided a good mix of theory, practical experience, and inspiration.'

Teaching of palliative care in medical schools across the country has increased from an average of 6 hours in 1983 to over 20 hours in 2000 with all doctors now having some palliative care in their training. The amount of teaching varies across the country but all students at Leeds medical school now benefit from teaching at St. Gemma's Hospice on a range of topics such as pain control, management of nausea and vomiting and end of life care.

St. Gemma's Hospice Open Day

Wednesday 28th April 4.30 to 6.30 p.m.

Are you a healthcare professional, a supporter or a member of the public who would like to know more about St. Gemma's Hospice? Join us for our open afternoon. Meet members of the team, educational sessions, tour the Hospice building and gardens.

RSVP Tina Bebbington on 0113 218 5503 or e-mail: tinab@st-gemma.co.uk.



Support us ...

Easter Shopping



Our new Easter catalogue is now available featuring a selection of lovely cards and gifts. All profits support patient care. For a catalogue, please contact 0113 218 5555 or visit our website www.st-gemma.co.uk.

Support St. Gemma's this Easter

We have a range of Easter beanie characters, key rings, badges, bracelets and games for all ages that you can sell from your office, business or bar. All items come on a sale or return basis and are sold for £1 each. Or, order one of our free chocolate hampers to raffle. We will send you a pack containing everything you will need and can deliver them at a time to suit you. Contact Donna.

Calling All Schools!

Would your school like to support St. Gemma's Hospice by taking part in our Yellow Challenge? Complete a sponsored walk in your school grounds or a location of your choice on any day between now and the end of the summer term. To take part, order one of our free packs containing everything you will need to get started; a free gift for each child taking part, simple ideas about fundraising and activities to do in the classroom. We are also offering an interactive Assembly to fit in with PSHE and Citizenship which explains what Hospices are, what they do and what the money you raise will go towards. Contact Donna.

Recycling



How many old mobile phones do you have collecting dust in the bottom of a drawer at home? Did you know that each one of these can raise as much as £5 for the Hospice? We also welcome your used inkjet cartridges, stamps and any foreign currency left over from your holidays, all of which can be recycled to raise vital funds for the Hospice. Contact Anne.

Help St. Gemma's Keep Running



We have guaranteed entry places for the Leeds 10K Run For All on Sunday 4 July and for the BUPA Great North Run on Sunday 19 September. To join our teams for either of these events contact Fran.

Help give terminally ill patients
a better quality of life?
That's the last thing I'll do.

Please leave a gift to St. Gemma's in your Will

For more details please contact Gail
on 0113 218 5506 or email gailc@st-gemma.co.uk



Nectar Points Make Prizes

Do you shop at Sainsburys or Homebase or buy petrol from BP? If so, and you do not collect Nectar points for yourself, please consider taking a St. Gemma's Nectar Card to collect points for the Hospice. We use the points to purchase items which saves us money. With many people collecting, points soon add up and make a difference. For a card please call Elizabeth on 0113 218 5575 or e-mail: elizabethb@st-gemma.co.uk

Forthcoming Fundraising Events . . .

Vintage Fair - 13 & 14 March



Antique, retro and vintage goods for sale at the Hospice. Open from 10 am to 4 pm each day. Contact Sarah.

The Big Ceilidh – Wednesday 17 March

An Irish themed evening featuring live music from The Assumption Ceili band at the Hospice. Contact Donna.

Fiddler On The Roof – 19 to 27 March

Leeds Amateur Operatic Society will be supporting St. Gemma's again with their new performance at the West Yorkshire Playhouse in March. Contact Donna.

Easter Spectacular – Saturday 20 March

Stalls, games, food, refreshments and an Easter Egg Hunt at the Hospice from 10 am to 3 pm. Contact Fran.

Casino Night – Friday 26 March

Black tie casino night organised by Lower Wharfedale Rotary Club held at the Hospice. Contact Donna.

Visit Skipton Castle – Good Friday 2 April

On Good Friday, the Castle is kindly donating their admissions takings to St. Gemma's. So why not visit on Good Friday and help raise money for the Hospice.

Visit: www.skiptoncastle.co.uk for more information.



Bunny Run – Saturday 10 April

A 5K run in Hyde Park with all runners wearing bunny ears. Contact Laura.

Bingo Night – Thursday 15 April

Eyes down for prize bingo held at the Hospice conference centre at 7.30 pm. Contact Anne.

Kebabeesh Charity Dinner – 27 April

Superb Bradford Restaurant 'Kebabeesh' will be holding a 2nd Charity Dinner in aid of the Hospice. Tickets cost £20 which includes an evening of excellent food, entertainment and the chance to win fabulous prizes. Contact Elizabeth.

Clothes Swap Shop – 29 April

A great opportunity to swap those items in your wardrobe that are good quality but never worn. Contact Fran.

Indoor Car Boot Sale – Saturday 1 May

Grab a bargain at the Hospice conference centre between 10 am and 1 pm. Contact Anne.

Leeds Half Marathon – Sunday 9 May

Take part in the local and popular 13 mile run in aid of St. Gemma's. Contact Laura.

The Biz Quiz – 13 May – see back page

The Midnight Walk – Saturday 15 May

Ladies only sponsored walk of 6 miles or 12 miles starting at midnight! Contact Laura or see page 3.

Vintage Fair – 29 to 31 May

Antique, retro and vintage goods for sale at the Hospice. Open from 10 am to 4 pm each day. Contact Sarah.

Indoor Car Boot Sale – Saturday 5 June

Grab a bargain at the Hospice conference centre between 10 am and 1 pm. Contact Anne.

Windermere Row – 5,6,12 & 13 June – see back page

Jump for your Dad, the 15,000ft Skydive Challenge – Saturday 19 June



Take part in a sponsored parachute jump from 15,000 feet in aid of the Hospice. Contact Fran.

It's A Knockout – Sunday 27 June – see back page

Annual Golf Day – 30 June – see back page

Three Peaks Challenge – Friday 2 July

Climb the 3 national peaks in 24 hours. Alternative dates available. Contact Fran.

London to Paris Bike Ride – 30 July to 2 August

Take on this fantastic challenge on two wheels in aid of the Hospice. Alternative dates available. Contact Fran.

Contact Numbers

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Sarah	0113 218 5576	sarahc@st-gemma.co.uk

General Fundraising enquiries 0113 218 5555 or fundraising@st-gemma.co.uk

Corporate Connections

What better way for you and your colleagues/friends to raise money for St. Gemma's than by taking part in one of our forthcoming events. There is something here for everyone.

For the Intellectuals – The Biz Quiz – 13 May

Are you and your colleagues as bright as buttons? Wise as owls? Are your brains bulging with all sorts of interesting information and trivia? Fancy competing against teams from other companies for the glory of winning a trophy, plus prizes for your team members? Eight categories of questions, picture and audio rounds, jokers, double bubble bonus questions and a tasty supper and drinks.

For the Competitive –

The Windermere Row – 5,6,12 & 13 June

Row, row, row your boat on stunning Lake Windermere. Teams from 2 to 8 rowers row the 10 miles course from Ambleside to Bowness and back to compete for the 8 trophies up for grabs. Or, if you just fancy a laugh, perhaps in fancy dress, then you are welcome also as this 29 year old event attracts all sorts of people. This is an excellent day out in fabulous surroundings so book early as it was a sell-out last year.

For the Crazy People – 'It's A Knockout' – 27 June

Remember 'It's A Knockout' on TV? Stuart Hall's mad laugh and teams dressed in silly outfits jumping over foam covered inflatable obstacles? Now you can take part in It's A Knockout as St. Gemma's have teamed up with Fishers International Knockout to produce a fabulous day of fun, frolics, laughter and lots of foam and water! Professional presenters provide an entertaining commentary together with musical accompaniment. Spectators are welcome so this is a real fun day out for the family. Teams are

8-10 members and the venue is the Roundhegians Rugby Club, Moortown where food and drinks will be available.



It's a Knockout is foam-tastic

For the Golfers – Annual Golf Day – 30 June

The annual Golf Day will take place at Moor Allerton Golf Club on Wednesday, 30th June. After soup and sandwiches in the Club House you'll play 18 holes on this stunning championship course – one of the best in the area. After the golf it's back to the Club House for dinner and presentation of the prizes to the winning teams. Teams are for 4 players.

If any of these events take your fancy, please contact Elizabeth on 0113 218 5575 or e-mail: elizabethb@st-gemma.co.uk for an information pack or to make a booking.



Our heartfelt thanks go to the following who have so kindly supported the Appeal this year:

Backup Direct, BAM Construction Ltd, Kairen Brown, Joyce Butterfield, Patricia Carter, Coniston Fibres Ltd, Cooperative Funeralcare (Marsh Lane), Stanley Fowler, The Family of Simon Haythornthwaite, Patricia Kirwan, Maxa Solutions, D & M Middleton & Son, N M Rothschild & Sons Ltd, Online Team at British Gas, Roche Healthcare, Rensburg Sheppards, Sylvia Rowlands, Shaw Electrical Services Ltd, Shepherd Building Group Ltd, Skanska Ltd, Mr & Mrs Robert Stott, Taskmaster, Trevor Iles Ltd, Olive Trewick, Harry Worth and a huge thank you to Lights4Fun Ltd who sponsored a bed over the whole 12 days of Christmas.

It costs £375 to sponsor a day of care in the In-Patient Unit and if you would like to sponsor a day please contact Elizabeth on 0113 218 5575.

Appeal for help – a gift that won't cost you a penny!

St. Gemma's is hoping to raise an extra £20,000 from Gift Aid, but we need your help. If you are a tax payer, HM Revenue and Customs will contribute an extra 28p for every £1 you donate, through Gift Aid. All you need to do is fill in the Gift Aid declaration below and we can maximise the amount of money that we claim from HM Revenue & Customs. By signing a declaration form you can increase the value of past and future donations which you give to St. Gemma's Hospice. If you have any questions or would like a Gift Aid factsheet contact Gail Chapman on 0113 218 5506 or look at our website for further details.



Gift Aid Declaration (you can also complete this form online at www.st-gemma.co.uk)

Title Forename Surname

Address

..... Postcode

Phone Email

Signature Date

Please treat all donations I have made within the last six years and all future donations I make as Gift Aid.

I understand that I must pay an amount of income tax or capital gains tax in the current year at least equal to the tax you reclaim on my donation(s) and I shall inform you if I have not.

Please return the form to St. Gemma's Hospice, FREEPOST NEA 9320, Moortown, Leeds, LS17 7YY.