



*Patient, David Whitfield and Ward Manager, Sue Taylor in one of the refurbished rooms*

## We've made it... thanks to you

**We are delighted to announce that our Refurbishment Appeal has reached its target ... thanks to our generous supporters.**

The Appeal was launched last summer to improve patients' bedrooms at the Hospice. The total cost of the planned refurbishment was £735,000. A contribution of £396,000 was secured initially from the Department of Health, leaving the remainder to be raised by the Refurbishment Appeal.

Sue Taylor, Ward Manager on our Moors Ward said, "We'd like to say many thanks to everyone who has supported the Appeal. As usual, the local community has got right behind us and enabled us to go ahead with making important improvements to patients' rooms. Individuals, companies and charitable trusts have helped us to raise this fantastic amount in a relatively short amount of time."

Patients now benefit from an improved lighting system which can be controlled from the bedside,

new wall mounted flat screen televisions eliminating issues surrounding trailing wires and the need for bulky furniture to house the old televisions. Each room has also benefitted from new laminate flooring, bedding, curtains and artwork to ensure a homely feel.

Sue continued, "Our patients, their visitors and our staff are already benefitting from the changes and improvements which the refurbishment has provided; the staff find it much easier to wheel patients around the room now the television towers have gone, also the laminate flooring makes it easier to push wheelchairs and equipment around the room. The new curtains and bedding have given the rooms a brighter and more modern feel."

The refurbishment work on one of our wards has now been completed, with our second ward due to be completed shortly. We are looking forward to the spring when all the work has been completed so our patients and their visitors can fully benefit from the refurbishment.

### Text Us

Text EVENTS to 60777 and you will be entered into a free prize draw where you could win a luxury hamper. Competition closing date is 16th May.

Text messages are charged at one standard network rate. Your mobile number will only be used by St. Gemma's Hospice to send you information about events.

No other company will receive your details. Entrants must be 16 or over and must have the bill payer's permission.





## St. Gemma's Professor in Palliative Medicine

The Board of Trustees, together with the University of Leeds, is delighted that we will be appointing the St. Gemma's Professor in Palliative Medicine later this year and establishing a Clinical Research Centre for Palliative Medicine, based at St. Gemma's Hospice.

Whilst caring for patients and their families remains our priority, St. Gemma's believes that the key to making significant improvements in patient treatments is through advancements in medical interventions. This can only be achieved by undertaking evidence-based research.

The Professor and his/her team of researchers will undertake pioneering work which will enable new treatment ideas to be generated, tested and implemented. It is hoped that the research will bring many benefits to patients here at St. Gemma's and also across the UK and internationally. For example, it could:

- ❖ Enable more patients to stay at home for longer or until their death.
- ❖ Reduce the severity of symptoms experienced by patients.
- ❖ Inform patient choice, enabling patients to be more involved in their care decisions.
- ❖ Reduce fears and anxiety surrounding some treatment options.
- ❖ Improve quality of life for patients and their families.
- ❖ Provide medical staff with a wider knowledge base to use when taking treatment decisions.

The Centre will steadily expand to enable a large volume of research to take place. Very little palliative medicine research takes place in the UK and by providing research training the Centre will be a springboard for the expansion of palliative medicine research across the country.

The Professor will work as a Consultant at St. Gemma's for two days per week. They will be involved in the direct care of patients and clinical staff training, as well as supporting important developments such as the Hospice's work with non-cancer patients.

We are fully committed to delivering the benefits of this development and St. Gemma's will fund the costs of the Centre for the first five years, amounting to £1,094,000. To date, almost half of the funds needed have been secured or identified. This leaves a need for a further £581,500. If you would like to support this very important innovation please contact Annabel on 0113 218 5555 or email [annabela@st-gemma.co.uk](mailto:annabela@st-gemma.co.uk).

## My first three months at St. Gemma's

Since joining St. Gemma's Hospice in November I have spent a lot of time meeting patients and their families, staff and volunteers and familiarising myself with the Hospice. I have also met with our main healthcare partners across the region to gain a better understanding of how our Hospice fits into the wider health and social care environment.

I have joined at a very busy time. The refurbishment of the In-Patient Unit is progressing well and the completed rooms look great and provide some significant benefits for our patients. We are about to publish our new five-year strategy which outlines how our services will develop to meet the changing needs of our patients, their families and carers. We have been planning and preparing budgets for the new financial year, with a focus as always on spending our funds predominantly on direct patient care.

This is a time of significant change in healthcare as the Government moves responsibility for commissioning services from the local Primary Care Trust to GPs. There are also changes in the provision of services we work closely with, particularly Social Services. We are contributing to the national and local debate about how these changes can be managed to safeguard the quality of care for patients. We are excited about working with the University of Leeds to establish a Clinical Research Centre for Palliative Medicine. There is certainly a lot to focus on and I am looking forward to the challenges ahead.

I am regularly asked, 'What are your first impressions of St. Gemma's?' What I have seen is a service that is friendly, professional and most of all, caring. Patient care is a priority and this runs through the heart of every department; not just within the clinical teams but also from the laundry to the kitchen, from the fundraising department to the reception. St. Gemma's Hospice is an important part of the Leeds community and I am very pleased to be playing my part in its history.

Finally I'd like to thank everyone for being so welcoming since I arrived. Most of all, thanks to the community for your generous and ongoing support and for enabling us to continue doing what we do best.

*Kerry Jackson, Chief Executive*



*Kerry Jackson, Chief Executive*

Did you know that the cost of caring for one in five of our patients is covered by gifts left in Wills? ...

## Are we grateful? Not half!

Both St. Gemma's and Wheatfields Hospices received a huge fundraising boost when Paul Napier, Editor of the Yorkshire Evening Post presented each hospice with a cheque for £48,000. Paul Napier said, "We all know times are tough, but many Yorkshire Evening Post readers have wanted to show their appreciation for our city's two hospices by donating to the appeal. Wonderful work is carried out at St. Gemma's and Wheatfields and both are close to many people's hearts." We would also like to pass on our most grateful thanks to everyone who contributed to the Half and Half Appeal.

# the midnight walk

in aid of st gemma's hospice

*'A girls' night out with a difference'*

## Saturday 14th May

The big event of 2011 has arrived! Join **over 1,000 women** on our extremely popular Midnight Walk. Starting at midnight, you can choose from either the **6 or 12 mile distances** so everyone can take part.

Due to the huge success of last year's event, **we have moved venues** to accommodate everyone. We will now be **starting and finishing** the walk from **The Leeds Rhinos Headingley Stadium on St Michael's Lane in Headingley** (next to the cricket ground). There will be a great party atmosphere at the start with a big warm-up, lots of entertainment including body art, music and much more. As well as this food and drink will be provided to all participants along the walk and at the finish line.

All participants get a **free t-shirt** to wear on the night as well as a **fundraising pack** and **free gift**.

Thanks to everyone who filled in the feedback form from the 2010 event. You were all very helpful and we have taken all points into consideration and will make sure this year's event is even better for you.

Due to the success of last year's event, with well over 1,000 women taking part, we encourage you to **sign up early to avoid disappointment**.

To sign up, either fill in and send back this form to the right, or visit **[www.leedsmidnightwalk.co.uk](http://www.leedsmidnightwalk.co.uk)**

**Sign up today!**  
**Be part of something special**

Kindly Supported by



I would like to take part in  
The Midnight Walk

Name (Mrs/Miss/Ms/Dr)

Address

Postcode

Contact Telephone

Email Address

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Mobile Phone

I would like to walk the 6 mile route

I would like to walk the 12 mile route

T-shirts:

Small

Medium

Large

XL

I know someone else who can volunteer  
Please send me further information

I enclose my entry fee of £15  
(non refundable)

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

Photocopies of this are accepted

# Many Happy Returns!



*Cutting the cake*

Almost 100 children attended a very special birthday party at the Hospice back in January. The youngsters were invited to the 1st birthday celebrations of the St. Gemma's Young People's Service which supports children and young people from across Leeds where someone in the family is seriously ill or has died.

The service, which is supported by BBC Children in Need, includes individual counselling, group support and fun events for children and young people who have had contact with a hospice. In the last year, over 150 children have been supported by the service.

Dan Bordoley, the St. Gemma's Young People's Worker explained,

“ We wanted to acknowledge the young people who we have worked with in the last year. Many of them have had a difficult time and we are pleased to have been able to support them and their families. We took the opportunity to thank some of the children who have helped us to develop our new range of information leaflets and website which will support children in the future. ”

One of the children who has benefited from the service is Susie, aged 14,

“ I have really enjoyed coming to the Hospice and meeting children who are going through a sad time in their life like me. We have played games, done arts and crafts and had chats about the people we have lost. It helped me a lot. ”

Ronnie the Rhino made a special visit to the event, as did Suitcase Pete who entertained the children with his amazing show. The children also took part in activities including circus skills, hoola hooping and arts and crafts.

For more information about the St. Gemma's Young People's Service, please contact Dan on 0113 218 5500 or visit our fantastic new website: [www.stgemmasyps.co.uk](http://www.stgemmasyps.co.uk)



*Children enjoyed the circus skills*



*Arts and Crafts workshop*



## Bringing care to your home

Each year, the St. Gemma's community team make over 3,000 visits to patients in their own homes. The team of 8 Community Nurse Specialists collectively have around 200 patients on their caseload at any one time, so our community team is a very busy part of the St. Gemma's service.

Maria Kennedy has just completed a six month secondment as part of the community team and tells us about her experience.

“ I worked as a Staff Nurse on our In-Patient Unit for 5 years and thoroughly enjoyed my job. I am always keen to develop my skills, and St. Gemma's encourages staff development, so when a secondment opportunity arose in our community team, I was keen to put myself forward. I started in the team as a Community Palliative Care Nurse last summer and it has been very interesting and challenging. At first it was strange not working in the familiar surroundings of the Hospice with access to everything and a large team around me. Instead, with my mentor, I visited patients in their own homes. I felt very humble being invited into patients' personal and private space and supporting them through a difficult time in their lives.

Working in the community is very different and no two days are the same. You get to meet lots of people and deal with a variety of other healthcare professionals such as district nurses, GPs and community matrons. I also remain part of the wider St. Gemma's team, regularly liaising with colleagues back at the Hospice and seeking more specialist expertise if I need to. My knowledge of community roles and services, symptom management and supporting people living in the community has increased significantly.

I'm pleased to say that five months into my secondment, a vacancy arose in the team for a permanent St. Gemma's Community Nurse Specialist. I was successful in my application and I am delighted to now be a permanent member of the team. ”

If you would like more information about St. Gemma's community team, please phone 0113 218 5500 or email the Community Team Manager, Valerie Shaw: [valeries@st-gemma.co.uk](mailto:valeries@st-gemma.co.uk)



*Suitcase Pete entertained the children*

# Strictly Learn Dancing November 2011

We are currently looking for ten men and ten women who are not dance trained to take part in our Strictly Learn Dancing 3 competition. This event will be held in November 2011. If you would like to register your interest please [contact Tara](#).



*Pictured are Claire and Tom the winners of Strictly Learn Dancing 2*



## Hospice has support of local young footballers

Pictured are Horsforth St. Margaret's under 14s football team in their fabulous new strip which bears the St. Gemma's Hospice logo. The strip was sponsored by CVL, who support St. Gemma's via participation in our fundraising events, raising many thousands of pounds for our patients every year. The team love their new strip and are proud to support their local hospice. We wish them well with the rest of the season and thank CVL for their kind and continued support.

## You've got to be in it to win it!

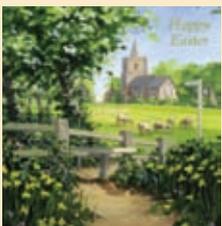
The St. Gemma's and Sue Ryder Wheatfields Hospice Lottery is another way in which you could help support our charity. The lottery which has raised over £1 million thanks to members past and present costs just £1 per week. £3000 of prizes can be won weekly including a £2000 1st prize. All profits are dedicated to patient care and are shared equally between St. Gemma's and Sue Ryder Wheatfields Hospices. For more information or to join the lottery please contact the team on 0113 278 1500 or visit [www.hospicelottery.co.uk](http://www.hospicelottery.co.uk)

### Easter Gifts to sell

Would your school, shop, pub or group like to support St. Gemma's by selling Easter gifts? Items can be delivered to your door, free of charge, on a sale or return basis and each gift costs only £1.00 to buy! To order or for further information [contact Tara](#).

### Easter Cards

St. Gemma's Easter cards and gifts are now available in the Hospice Gift Shop, in our shops, and on our website: [www.st-gemma.co.uk](http://www.st-gemma.co.uk). All profits support patient care.



### Open your garden in aid of St. Gemma's Hospice

Would you like to show off your garden, while raising vital funds for St. Gemma's Hospice? We can provide support and will list your garden in our special Open Gardens booklet. For more details [contact Jenny](#).

### Occasions

If you have a special occasion coming up in 2011 and you would rather not have gifts, why not ask guests to make a donation to St. Gemma's Hospice in lieu of gifts? We can provide cards, collection boxes and envelopes. [Contact Tara](#).

### Virtual Gifts

Are you looking for a thoughtful gift for a friend or family member? Why not purchase a St. Gemma's Hospice Virtual gift that can fit any occasion. For more details please visit the website or [contact Tara](#).



*A donation of £20 will purchase art and craft materials to be used by patients*

### Collections

We are currently recruiting for store collectors and volunteers to help collect and deliver yellow boxes in the local community. If you would like to help please [contact Tara](#).

Did you know  
that a gift left in a Will  
can be a specific item,  
fixed sum of money  
or percentage of  
your estate? ...

# Coming Up ...

## Indoor Car boot Sales – Various dates

Would you like to have a clear out and rid your house of clutter whilst making some money for yourself and your local Hospice? We have indoor sales organised for 19th March, 28th May, 25th June, 17th September and 22nd October. **Contact Jenny.**

## Leeds Half Marathon – Sunday 8th May

Please consider taking part in the Leeds Half Marathon and raising money for us. Visit [www.runnersworld.co.uk](http://www.runnersworld.co.uk) to book your place, then just let us know and we will send you out a fundraising pack. **Contact Tara.**

## Sponsored Slim – Ongoing

Are you having trouble motivating yourself to shift those stubborn pounds? Sign up to our sponsored slim and raise money for us at the same time – then you have no reason to quit. **Contact Tara.**

## Easter Spectacular – 26th March

Our annual Easter Spectacular will feature a wide range of stalls selling new and second-hand goods as well as fresh produce, a plant sale and seasonal hot food. There will be plenty of fun for children, with an Easter Egg Hunt and Easter crafts. 10am – 3pm. Entry by donation. **Contact Hayley.**

## Easter Skydive – 22nd April

We have a limited number of places for our Easter Skydive. This is a sponsored event and our skydives are becoming increasingly popular so book now to avoid disappointment. **Contact Hayley.**



## Visit Skipton Castle – 22nd April

For the 25th successive year, Skipton Castle are donating the proceeds of their Good Friday admissions to charity, half of which comes to St. Gemma's Hospice. Why not take your family for a fabulous day out and visit this 900 year old castle. [www.skiptoncastle.co.uk](http://www.skiptoncastle.co.uk)

## Kebabeesh Charity Dinner – Tuesday 3rd May

Award winning Asian cuisine restaurant, 'Kebabeesh', are holding their 3rd charity dinner. An evening of excellent food, entertainment and the chance to win great prizes. Tickets are £25 available from **Tracie.**

## The LDD Group Charity Ball – Friday 13th May

The LDD Group are celebrating their 18th Birthday in style with a Charity Ball at the Hilton Hotel. This fun filled evening includes 3 course meal, live band, magician, caricaturist and disco, plus auction with 'celebrity' auctioneers. Tickets are £35 from [www.ddd.co.uk/18birthday](http://www.ddd.co.uk/18birthday)

## The Leeds Midnight Walk – Saturday 14th May 2011



Join over 1,000 women on this extremely popular 'Girls' night out with a difference'. This is our biggest event of the year and is a sell out year on year. Choose from the 12 mile or 6 mile distances to suit your ability. With an incredible atmosphere at the build up, leading up to the official start at midnight it's not one to be missed. Each participant will be given a t-shirt, medal, gift as well as food and drink to keep your energy up. Don't miss out, sign up today and be part of something special. **Contact Fran.**

## Vintage Fair – 21st & 22nd May 2011

At our Vintage Fairs, we sell all of the Vintage, retro and collectable goods that are donated to our charity shops. We also have over 25 stallholders, all selling goods such as clothing, accessories, books, music, furniture & much more, all dating from 1920s – 1980s. 10am – 4pm both days. Entry by donation. **Contact Hayley.**

## Go Yellow for St. Gemma's Hospice – June 2011

This June will be our first ever 'Go Yellow for St. Gemma's Hospice' month. We are encouraging schools, businesses and the local community to carry out some yellow themed fundraising at any time throughout June, or even the whole month! For a free fundraising pack with lots of ideas of how you can support your local Hospice, please **contact Tara.**

## Windermere Row – 4th, 5th, 11th & 12th June

see Corporate Connections on back page

## It's A Knockout – Sunday 19th June

see Corporate Connections on back page

## Jane Tomlinson's Leeds 10K Run For All – 19th June 2011

This event brings together thousands of runners, walkers and wheelchair users of all abilities and

has a fantastic atmosphere. St. Gemma's Hospice has a limited number of places available. **Contact Hayley.**

## Jump For Your Dad (sponsored skydive) – 19th June 2011

Following the success of last year's Fathers' Day skydive, we have another sponsored skydive event taking place on Fathers' Day. You can jump in memory of your dad, or bring your dad along to watch, or jump together! **Contact Hayley.**

## International Challenges – various dates available



If you would like to take on a great personal challenge as well as raising money for St. Gemma's Hospice, we have a number of once-in-a-lifetime International Challenges taking place, including trekking the Great Wall of China, or journeying to Machu Picchu, the lost city of the Incas. We help you raise the required sponsorship and you get to embark on the journey of a lifetime. **Contact Hayley.**

Did you know  
that a gift in your Will  
of any size  
would be greatly  
appreciated  
by our patients  
and their families? ...

### Contact Numbers: (Area Code 0113)

Hayley	218 5570
	<a href="mailto:hayleya@st-gemma.co.uk">hayleya@st-gemma.co.uk</a>
Jenny	218 5565
	<a href="mailto:jennym@st-gemma.co.uk">jennym@st-gemma.co.uk</a>
Tara	218 5559
	<a href="mailto:tarag@st-gemma.co.uk">tarag@st-gemma.co.uk</a>
Fran	218 5505
	<a href="mailto:francines@st-gemma.co.uk">francines@st-gemma.co.uk</a>
Tracie	218 5296
	<a href="mailto:tracieh@st-gemma.co.uk">tracieh@st-gemma.co.uk</a>
General Fundraising enquiries	218 5555

[www.st-gemma.co.uk](http://www.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 fabulous events. We have something for everyone. Are you oar-some, a brain-box, a knockout or a swinger?!

## If you are a Brain-Box ... The Biz Quiz – 12 May

Do you and your colleagues have brains bulging with all sorts of interesting information and trivia? Then come and compete against teams from other companies at our Biz Quiz. 8 rounds of questions, picture rounds, double bubble bonus questions plus a tasty supper and drinks.

## If you are Oar-some ... The Windermere Row – 4, 5, 11 & 12 June

Row, row, row your boat on stunning Lake Windermere. Teams from 2 to 8 rowers row the 10 miles from Ambleside to Bowness and back on any of the dates above. Or, if you just fancy a laugh, perhaps in fancy dress, then you are welcome also as this 30 year old event attracts all sorts of people. This is an excellent day out in fabulous surroundings.



Super heroes get ready to row



It's A knockout – it's foam-tastic!

## If you are a Knockout ... 'It's A Knockout' – Sunday 19 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 for a fabulous day of fun, frolics, laughter and lots of foam and water! Professional presenters provide an entertaining commentary and spectators are welcome. Teams are 8-10 members and the venue is Roundhegians Rugby Club, Moortown where food and drinks will be available throughout the day.

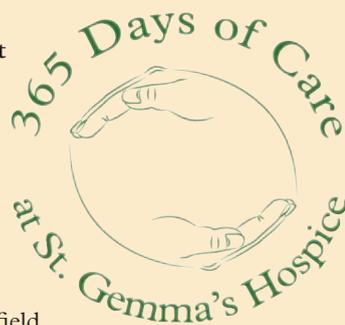
## For the Swingers ... Annual Golf Day – Wednesday 22 June

Our annual Golf Day will take place at Moor Allerton Golf Club. 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](mailto:elizabethb@st-gemma.co.uk) at [elizabethb@st-gemma.co.uk](mailto:elizabethb@st-gemma.co.uk) or [Tracie](tel:01132185296) on 0113 218 5296 for an information pack or to make a booking.

Our 365 Days of Care Appeal raises money for our In-Patient Unit where patients receive the most intensive of care. Our heartfelt thanks go to the following companies and individuals who have so kindly supported the Appeal this year:-

Adair Paxton, Arena Group, Benfield Ford, BAM Construction Ltd, Susan Burniston, Business IT Support Team Ltd, Patricia Carter, Karen, Daniel & Ellie Cooke, Coniston Fibres Ltd, The Cranage Family, The Family of Simon Haythornthwaite, HMRC in memory of Andy Parker, Margaret Kemp, Patricia Kirwan, Leeds Junior Lawyers, Patricia Leafhead, Mrs G C Locker, D & M Middleton &



Son, Peter Nota & Friends, Premier Licensed Private Hire, Judith Raynor, N M Rothschild & Sons Ltd, Rensburg Sheppards Investment, Roche Healthcare Ltd, Shaw Electrical Services Ltd, Shepherd Group, Taskmaster, Harry Worth and a huge thank you to Lights4fun Ltd who sponsored a bed over the whole 12 days of Christmas.

It costs £395 to sponsor a day of care in the In-Patient Unit. If you would like to sponsor a day please contact Tracie on 0113 218 5296.



For further information about leaving a gift to St. Gemma's Hospice in your Will please contact Gail Chapman on 0113 218 5506 or email [gailc@st-gemma.co.uk](mailto:gailc@st-gemma.co.uk)

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](mailto:suel@st-gemma.co.uk) or write to: Sue Lakie, St Gemma's Hospice, Freepost NEA 9320, Moortown, Leeds, LS17 7YY.