



Spring 2013

newsletter

The Tree of Life

The Tree of Life at St. Gemma's Hospice was created in 2002, it stands proudly in the memory garden covered in copper leaves, each leaf dedicated to loved ones who are no longer with us.

Since the tree was officially opened in 2002, each leaf has been engraved by Charles Hutchinson. In 2002, Charles worked at a jewellers shop in Leeds city centre, engraving the leaves on a regular basis. When Charles retired in 2003 he continued engraving the copper leaves in his own time.

Charles said "Eleven years ago a very nice lady called Sheila asked me to engrave some leaves for the Tree of Life, it has been a privilege to do this ever since. It gives pleasure in knowing that people left behind take some comfort from this and knowing in a small way I am helping St Gemma's and the wonderful people that work there."



Leaves on the Tree of Life are available for a donation towards the work of the Hospice, **if you would like further information on the Tree of Life, please contact Gail on 0113 218 5506.**



Surprise new year inspection from CQC

The Care Quality Commission, who monitors standards of health care across the UK, paid us an unannounced visit on 4th January 2013.

Impromptu inspections mean that the CQC see organisations for what they really are, and we are pleased to say that feedback from the inspectors was that we are clearly an organisation that strives to deliver the highest standard of care to patients and their families. We were fully compliant with the standards it inspected against.

The inspectors were keen to speak to patients, families and staff about their experience of the Hospice. Quotes from patients included:

"My family say they can see a great improvement in me since I've been here, they are really happy I'm being so well looked after"

"Can't fault the care and attention from all staff"

"It's so lovely here and so clean"

The inspectors also commented that they felt the Hospice was calm yet cheerful; staff had high levels of knowledge of end of life care and knew the needs of patients and carers in depth; patients looked well cared for; they felt the standards of maintenance and cleanliness were high; and the general environment was welcoming and supported privacy and dignity for patients and families.

Cath Miller, Director of Nursing said:

"I am really proud of all the teams. They are passionate about the care they provide whether this be cleaning rooms or prescribing medication. We want to get it right for patients and their families every time, so we welcome inspections and never get complacent about our standards. Thanks to everyone concerned with this inspection – feedback like this is very promising."

You can see the latest CQC report on our website: www.st-gemma.co.uk/patientservices

Going International

Congratulations go to one of our Nurses, Jane Chatterjee, whose article: 'Improving pain assessment for patients with cognitive impairment: development of a pain assessment toolkit' was published in International Journal of Palliative Nursing 2012 (Vol18 No 12) recently.



Jane is passionate about ensuring patients with cognitive impairment receive the best care. She led on a project at the Hospice to implement a pain assessment toolkit to help nurses identify when this patient group are in pain so it can be managed effectively.

Jane continues to develop this work and will be looking at introducing guidelines for practice and further training for staff to ensure patients with a cognitive impairment continue to receive the best care. In addition to all of this Jane is in the process of completing her Masters in Dementia Care.

Well Done, Jane!



The team from GMI Energy

St Gemma's goes solar!

The Hospice was delighted to be the recipient of a roof mounted solar panel installation recently, courtesy of Leeds based GMI Energy.

The generous donation is worth over £34,000 to St Gemma's – taking into account the 18 solar panels, the income from the feed in tariffs and long term energy savings.

St Gemma's Director of Estates and Facilities, Mike Watkins said: 'We are very grateful to GMI Energy for this generous donation. The Hospice is always looking

at ways to be more energy efficient, and saving money means that we can spend more on the excellent patient care we provide. We are also committed to protecting the environment so this is another step forward in reducing our carbon footprint.

"We would like to thank everyone at GMI Energy for their support of St Gemma's Hospice, and to all the other organisations who donated their time and equipment to help with the installation, which only took one weekend."



£10,000 pledge from Bruntwood

The Leeds office of Bruntwood, a family-owned and run property company, has adopted St Gemma's as its nominated charity partner for the next two years.

Bruntwood in Leeds have pledged to raise a minimum of £10,000 and each of the team is aiming to donate 2 days each year to volunteering. The partnership will commence in early March and already the team in Leeds

have established a charity committee to get ideas organised into a calendar of events.

Katrina Townsend, General Manager at Bruntwood says: "It is always a difficult process to pick from many eligible beneficiaries; St Gemma's is a fantastic charity providing invaluable care for those with life-limiting illnesses, totally free of charge. The Leeds team at Bruntwood are really

excited and looking forward to the challenge of meeting our target for St Gemma's over the coming 2 years."

bruntwood

If your company can offer support to St Gemma's Hospice, we would love to hear from you. Please contact **Katie Bland** on 0113 218 5575 or email katieb@st-gemma.co.uk.

Helping St Gemma's in the future

What happens after your own death is something you might not want to think about, but it is important to give it some consideration.

If you die without making a Will, it can make it more difficult for the loved ones you leave behind.

A Will is as much for the loved ones you leave behind as it is for your own piece of mind. At a time when loved ones are mourning your loss, the last thing you want them to be worrying about is legal matters and trying to guess what your wishes might be.

Making a Will can be an easy process and doesn't have to take a long time,

but it will provide piece of mind for you and your family that your affairs are in order.

When making a Will you might want to consider leaving a gift in your Will to St Gemma's Hospice after you have left your gifts to family and friends. A gift in your Will can be a fixed sum, specific item or a percentage of your estate.

(Leaving 10% of your estate to St Gemma's could be tax effective).

For more information about leaving a gift in your Will to St Gemma's Hospice please call Gail on 0113 218 5506.

Lights, camera, action

The Hospice became a film set recently as we recorded footage for our new DVD, due out later this spring.

The DVD hopes to give an insight into the work of St Gemma's Hospice for prospective patients and their families, supporters and healthcare professionals.

Communications Manager Nicola

Woodgate said: "Patients and their families often tell us that the Hospice is not as they imagined. We thought it would be useful to produce a DVD so people can see what we are really about, the range of services we provide and how people can access our care."

"The filming for the DVD took place over 3 days and we are grateful to all the staff, visitors, patients and families

who bravely faced the cameras to share their experiences with us. Thanks also to David and Steve from The Production Zone (www.theproductionzone.co.uk) for their guidance, support and sensitivity throughout the production."

For a copy of the DVD, please contact **Nicola** on 0113 218 5557 or email nicolaw@st-gemma.co.uk



Dr Mike Stockton, Director of Medicine, talking with a patient.

Picture perfect

Thank you to professional photographers Lee Mitchell (www.lmxcreative.co.uk) and Kerry Harrison (www.kerryharrisonphotography.com) who recently offered their services to St Gemma's.

Both visited us and took a selection of photos around the Hospice for publicity purposes. We use photos in all of our leaflets and publications, as well as on our website and the new photos really are fantastic and do justice to our lovely Hospice. Thanks to you both for your time and expertise.

9th Annual Questions of Sport Celebrity Quiz & Dinner

Thursday 2nd May

On the evening of Thursday, 2 May 2013, we shall be holding our 9th 'Questions of Sport Celebrity Quiz and Dinner' at the Banqueting Suite at Leeds United Football Ground, Elland Road.

The event will be hosted by our very own BBC Yorkshire's Harry Gration and will be attended by a host of sports personalities including local Olympic and Paralympic heroes. The event is again kindly being sponsored by law firm Clarion.

We are looking for 30 teams of 10 who will, over six rounds compete for the winner's trophy, with each round being hosted by a personality from that sport. In previous years we have been joined by celebrities such as Steve Cram, Alec Stewart, Adrian Moorhouse, Craig White, Anthony McGrath, Bill Beaumont, Bob Champion, Jeff Stelling, Chris Kamara and Gabby Logan.



From left to right: Simon Grayson, Sara Rogers - Clarion, Bill Beaumont, Chris Kamara

It costs £550 per team entry which includes a drinks reception and three course dinner with the quiz following thereafter. Round sponsorship opportunities are available which include a VIP champagne reception with sports personalities.

To book your place now, please visit www.st-gemma.co.uk/events.html or for more information please contact Katie Bland on 0113 218 5575 or katieb@st-gemma.co.uk

Sponsored by

Clarion

35 years of caring...



The first sod being cut by Bishop Gordon Wheeler

1978



2013

St Gemma's Hospice celebrates its 35th Anniversary in 2013. We are proud to have been caring for the people of Leeds and beyond since the spring of 1978.

Kerry Jackson, Chief Executive of St Gemma's Hospice, says: "As we reflect on the last 35 years we can be proud of our achievements. Thanks to the people of Leeds, we have grown from humble beginnings to become one of the leading hospices in the UK, providing free expert care to thousands of local people with serious illnesses and their families each year.

Our facilities and services are second to

none, thanks to a professional, dedicated and skilful team of staff and volunteers who work together to ensure the needs of patients and carers are met.

We provide care in the Hospice's 32 bed In-Patient Unit, through our community team and via our Day Services. Families and carers are also supported by the Hospice's specialist bereavement workers who provide support to all including children and young people.

We also have the St Gemma's Academic Unit of Palliative Care which undertakes high calibre research in the field of palliative and end of life care and implements this research into practice

through learning and teaching.

None of this would be possible without the wonderful support we receive from the community, year in and year out. Thank you to everyone who has played a part in making these first 35 years such a success."

Please consider supporting us in our 35th Anniversary year: Donate or raise £35, cycle, run or walk 35 miles or take part in one of our 35th Anniversary events. For more details visit st-gemma.co.uk

If you are Oar-some...

Since the event started over 30 years ago thousands of rowers have taken on the challenge of rowing on stunning Lake Windermere and, in the process, have raised over £1.5m for patient care.

Join us this year and row row row your boat in teams of 2, 4, 6, 7 or 8. Choose the 10 mile row from Ambleside to Bowness and back on any of the dates above or 21 miles from Ambleside to Fellfoot and back on 29 or 30 June (subject to availability).

For those with a competitive spirit there are eight trophies up for grabs and there is



Book your boat for the Windermere Row 22, 23, 29 or 30 June

even a prize for the best fancy dress outfit (though dressing up is not compulsory!).

It is free to enter and all you need to do is seek sponsorship for taking part. We provide fundraising tips to help you and we ask each rower to raise a minimum of £85 sponsorship.

Whether you are in it to win it or just up for a laugh, the Row is a brilliant social and fundraising event.

For more information or to reserve your boat(s) please contact Kairen Brown on 0113 218 5537 or kairenb@st-gemma.co.uk

Running Challenges

London Marathon – 21st April 2013

The most thrilling and prestigious race of them all! St. Gemma's Hospice is looking for runners with their own place to come and support us, we'll supply you with a fundraising pack and lots of training tips & advice and a great team ethos.

Leeds Half Marathon – 12th May 2013

Don those trainers in our very special City Centre of Leeds! St. Gemma's Hospice is looking for runners with their own place to come and support us, we'll supply you with a fundraising pack and lots of training tips & advice too.

Leeds 10K – 14th July 2013

Come and join this fantastic event, 'Run For All' is for everyone, of all abilities, Run, Walk or skip your way round!! The atmosphere is electric and will drive you on to complete this exciting 10K, plus we have 35 guaranteed places for St. Gemma's supporters.

Great North Run – 15th September 2013

If you would like to get involved and be a part of this prestigious running event, which takes place between Gateshead and the picturesque coastal finish line in South Shields, we have 75 guaranteed running places.

For more info about any of the runs please contact Michelle on michelleb@st-gemma.co.uk

News of an exciting new way to support St Gemma's!

We are pleased to announce that we have entered into a partnership with Furness Building Society to launch an affinity and charity account. The account is a fantastic way to generate much-needed income for us and here's how it works:

- As one of our supporters you open a St Gemma's charity savings account with Furness Building Society with just £1 and pay in as little or as much as you like up to £250,000
 - You will receive a competitive rate of interest and have easy access to your savings
 - Each year the Furness pay to us 1% of the total balances in all of the St Gemma's charity savings account from their own funds, not from your interest
 - The payment we receive from Furness Building Society doesn't cost you a penny, but by saving in one of our charity accounts you will be helping to generate a cash payment to us each and every year!
- Opening an account to support St Gemma's couldn't be simpler. Please visit www.furnessbs.co.uk/stgemmas or call 0800834312 for an application form.

Please open an account today and start saving in your St Gemma's affinity account!

Coming up this Spring ...

Indoor Car Boot Sales 16 March, 29 June, 21 Sept, 20 July

Upcoming dates for sales are 16 March, 29 June, 21 September. Stalls are £12 each. If you don't fancy running your own stall then why not just come along and grab a bargain? All sales are at the Hospice between 10am and 1pm. Entry is by donation. **Contact Jenny.**

Easter Spring Fair Saturday 23 March

Our annual Easter Spectacular will feature a wide range of stalls selling beautiful homemade and new goods, homewares, jewellery and much more. There will also be fresh spring produce, a plant sale and scrumptious seasonal hot food, plus plenty of fun for children with an Easter Egg Hunt and entertaining Easter crafts. 10am to 3pm. Entry is by donation. **Contact Michelle.**

Visit Skipton Castle Friday 29 March (GoodFriday)

For the 27th 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. **Contact Tracie.**

Thorpe Park Spring Dinner and Birthday Bash Friday 19 April

Come along and celebrate St. Gemma's Hospice 35th birthday at Thorpe Park Hotel & Spa. Enjoy a fabulous 3 course dinner with coffee, followed by live music and a disco. There will also be a raffle and an auction on the night in support of St Gemma's. **Contact Tracie.**

5 A Side Football Challenge Sunday 28 April



Sign up to take part in this fun one day football challenge where teams can register to compete to win the trophy and some fantastic prizes. The tournament will be held at Soccer City in Leeds. If your company, club or group of friends are interested in having a team (£75 per team) please visit the events section of our website or **contact Jenny.**

Kebabeesh Annual Charity Night Tuesday 30 April

Enjoy three courses of wonderful Indian cuisine along with live entertainment throughout the night. There will be a raffle and auction on the evening with all of the funds raised going to St Gemma's Hospice. Tickets are £20 with some of the proceeds also being donated to St Gemma's. Please **contact Tracie.**

Annual Questions of Sport Celebrity Quiz & Dinner Thursday 2 May **See article**

Midnight Walk Saturday 18 May **See advert on back**

Sponsored Skydives 4 May & 15 June

"May the 4th be with you!" For those Star Wars fans, why not take the plunge and rocket back down to earth in this exhilarating experience! Take part in a tandem skydive and you'll never look back! Plus on 15 June you can jump for your dad, with your dad, in-memory for someone special or just because you are a dad – a great way to celebrate life at its best! Raise £395 & jump for FREE! **Contact Michelle.**

Biz Quiz Thursday 23 May



Get the grey matter going and come along to the next Biz Quiz at the Hospice. Starting at 6pm with a delicious two course supper, you and your team mates will then compete in 8 rounds of questions, including interactive rounds, picture quizzes and double bubble bonus questions. Teams are for 4-6 people and the cost is just £13.50 each with a bar selling drinks and snacks throughout the evening. **Contact Tracie.**

Vintage Fair 25 & 26 May



Lose yourself in a bygone era of vintage and retro, lots of fantastic treasures to be found. Come along to this award-winning event held in the Hospice's Conference Facilities and pick up a bargain. Treat yourself to a vintage item or two and a nice hot drink and cake in our tea rooms. **Contact Michelle.**

Nearly New Baby Sale Saturday 1 June



From 10am to noon. Stalls £12 each, entry fee £1. To book a stall or for further details about this exciting NEW event at the Hospice please visit the events section of our website or **contact Jenny.**

Annual Golf Day Wednesday 19 June

Join us for this annual event in aid of the Hospice, at Moor Allerton Golf Club. £350 for a team of four. Sponsorship opportunities also available. **Contact Katie.**

Windermere Row 22, 23, 29 or 30 June **See article**

Overseas Challenges...

London to Paris Bike Ride 3-7 July



Connect two of the world's most chic capital cities as you embark on the charity bike ride challenge of a lifetime! Perfect for friends, families, colleagues or individuals to experience the delights these two great cities have to offer. The sense of achievement you will experience will be one you'll treasure forever. An unforgettable adventure awaits you! **Contact Michelle.**

Contact Numbers: (Area Code 0113)

Fran 218 5505 or francines@st-gemma.co.uk
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Michelle 218 5570 or michelleb@st-gemma.co.uk
Tara 218 5559 or tarag@st-gemma.co.uk
Tracie 218 5296 or tracieh@st-gemma.co.uk
www.st-gemma.co.uk
 General Fundraising enquiries – 218 5555 or fundraising@st-gemma.co.uk

Sahara Trek 19 - 26 October

Experience the stunning landscape of the Sahara desert as you trek through this enigmatic environment, getting to know the life of the nomadic tribes which still wander with their camel trains across the lonely luanesque dunes. Sleep under the stars and enjoy some traditional Moroccan food by the campfire, all this plus you'd also get to help a well-needed community project in Marrakesh where you will leave feeling as if you have really made a difference. **Contact Michelle.**

Other ways to support us...

Happy Birthday to us!

We celebrate our 35th anniversary this year. Why not help us celebrate by organising your own party or coffee morning with donations to the Hospice? We can help you with ideas to theme your party, provide materials and design and print posters for you. **Contact Tara.**

Take on a challenge this Spring

If you are thinking of taking part in a run, cycle or swim challenge this year why not support St Gemma's Hospice at the same time? We can provide you with lots of tips, advice to help keep you motivated and a fundraising pack. **See our website** for lots of ideas or **contact Tara.**

Support us while you celebrate

If you have a special occasion, such as a birthday or wedding, coming up this year, and would rather not have gifts please consider asking friends and relatives to donate to the Hospice in lieu of gifts. We can provide personalised tins or envelopes to collect money at your party or can make up cards to send out with invites. **Contact Tara.**

Classical Choral Concert 2013

Join us for a fantastic evening at St Edmonds Church, with all proceeds to the Hospice. Date tbc. Keep an eye on our website for more details or contact Tara to find out more.

Open your garden for St Gemma's Hospice

Do you love gardening and want to share your passion? Do you have a garden with interest or character you would like to share with others? Would you like the opportunity to show off your garden whilst raising funds for your local Hospice? Then why not hold your own Open Garden and be included in our special 2013 Open Gardens booklet? We are once again looking for gardens of all shapes and sizes to open over the summer and can provide you with all the support you need for your opening. For further information please **contact Jenny.**

Collections volunteers

We are always looking for collections volunteers to help with either our store collections on a regular basis or at one off collections throughout the year. Hours to suit. Please visit the 'Opportunities to volunteer' section of our website for further information or **contact Jenny.**



Wedding & Special Occasion Favours

Are you or anyone you know getting married? Or celebrating something special? If so we have a selection of celebration pin badges with personalised backing cards that can be given to each of your guests as favours. Pin badges are £1 each and are a perfect keepsake for your guests whilst raising funds for your local Hospice. **Contact Jenny.**

St Gemma's will also once again be opening their Gold award winning garden this summer for our popular Open Garden event. Look out for further details in the **summer newsletter** and on our **website.**

What a Difference a Day Makes Appeal

Our 'What a Difference a Day Makes' Appeal raises money to enable St. Gemma's to provide 24 hour care, 365 days a year.

Please help St. Gemma's to continue making a difference 24 hours a day, every day. It costs £455 to fund 24 hours of care for one patient in the In-Patient Unit. You can sponsor a specific date and will receive a certificate. Donate in one amount or make ten monthly instalments of £45.50. Please make a difference today. **Contact Tracie.**



Half and Half Appeal

In December St Gemma's Hospice and Sue Ryder Care Wheatfields Hospice both received cheques for £38,000 from the Yorkshire Evening Post Half and Half Appeal. This is a fantastic amount from the 30th anniversary year of the Appeal. Since the Half and Half Appeal started in 1982, almost £3m has been raised for St Gemma's Hospice and Sue Ryder Care Wheatfields Hospice. *We would like to pass on our most heartfelt thanks to the Yorkshire Evening Post readers who support the Appeal.*



You are receiving this Newsletter as you are a valued supporter of St Gemma's Hospice. We think it is important that we tell you about developments from around the Hospice and how we are using your donations. You can opt out of receiving our mailings at any time, or ask to receive our Newsletter by email. Simply call 0113 218 5555 or email jennymo@st-gemma.co.uk. Thank you for your support. Registered charity number: 1015941

The 2013 Leeds Midnight Walk

18 May

are you a night owl?



Sign up and be part of something special in 2013 and join the other 1,000 Ladies for the 2013 Leeds Midnight Walk in aid of St Gemma's Hospice.

It takes place on Saturday 18 May at Xercise 4 Less Gym in Kirkstall and walkers will all set off at 10pm onto the streets of Leeds – pounding the pavements for 7 or 10 miles to raise money for the Hospice.

Before the walk there will be a fabulous party atmosphere getting all the participants geared up for the walk including performances, shopping, music and more! All participants will receive a free stylish t-shirt and fundraising pack when they sign up.

Enter today and make a difference to someone's life this year. Together we can make each day count for our patients who are suffering the terrible journey of a life threatening illness!

Sign up online or fill in the form opposite.
www.leedsmidnightwalk.co.uk

registration form

please feel free to photocopy and pass to your friends

Name (Mrs/Miss/Ms/Dr etc):

.....

Address:

.....

..... Postcode:

Contact Tel. No.:

.....

Email (our preferred method of contact) please provide:

.....

Date of Birth:

.....

I would like to walk the 7 mile route

I would like to walk the 10 mile route

T-shirts: S M L XL

I know someone who can volunteer on the night.

Please send me further information.

Payment

I enclose (£15 per person for entry)

£..... for entry + £..... donation = £..... total

Cheque Visa Mastercard Maestro

Issue No.

Credit/Debit Card No.

.....

Start Date...../..... Expiry Date...../.....

Please make cheques payable to St Gemma's Hospice

Where did you hear about this event?

.....

By signing this form I confirm that I commit to raising money for St Gemma's Hospice

Signed:

Please return form and payment to:

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