



Spring 2014

# newsletter



Patient receives care at home from Community Nurse, Julie

## 365 Days of Care

### New 7 day service to benefit St Gemma's community patients

**M**ore and more people living with a terminal illness choose to receive care and die in their own homes rather than being treated in hospital or in a hospice. As the needs of our patients change, it is important that St Gemma's adapts services to ensure patients, their families and carers receive the best care possible.

Currently, the St Gemma's Community Nurse Specialists work Monday to Friday. The team visit patients in their own homes and have vast experience of helping with and treating complex symptoms. The team also provides support for the carer and families of the patient. Many of our Nurse Specialists are able to prescribe medication themselves and also advise GPs in this specific area.

Unfortunately, difficulties don't just arise Monday to Friday.

That's why we are launching the 365 Days of Care Appeal which will enable us to provide our vital service seven days a week. The Appeal needs to raise £283,385 which will guarantee the extended seven day a week service for the next five years.

A seven day service will mean: better continuity of care for patients, prevention of unnecessary hospital admissions, patients only being admitted to hospital when really needed, improved symptom control and more patients being cared for in their preferred place of care. We will be able to provide more support for District Nurses and out of hours GPs who may be unfamiliar to the patient or not have as much knowledge about treating the complex symptoms of a terminal illness.



Please help us raise £283,385 to support the 365 Days of Care Appeal:

Phone 0113 218 5555  
Visit our website at [www.st-gemma.co.uk](http://www.st-gemma.co.uk)  
Post a donation to  
365 Days of Care Appeal, St. Gemma's Hospice, FREEPOST  
NEA 9320,  
Leeds, LS17 7YY.

**Thank you to the Jane Tomlinson Appeal who have made a generous donation to kick start the 365 Days of Care Appeal. We are delighted and most grateful!**

*“The care we received from the St Gemma's community team was second to none. To offer this service seven days a week would be an absolute lifeline for the people of Leeds.”* - Patient's relative

# NEWS from our Academic Unit



Since May 2012 we have recruited more than 130 patients and carers and more than 100 palliative care and community staff into various research studies. Participation is completely voluntary, but many patients are happy to take part as they know it will help others in the future. Some of our recent successes include:

We participated in a European wide study looking at how to effectively measure and manage cancer symptoms. St Gemma's was the top recruiting site in the UK with 51 patients.

patients of many faiths as well as those with none. The study showed that the measure is valid across different cultures and is now available to use to help with the spiritual care of our patients.

We have just started a trial to compare a brand new painkiller with standard treatment. It is hoped that the new painkiller will be more effective in treating some types of pain. Watch this space for the results.

We are very keen to involve the public in working with us to help ensure clinical research studies reflect patients' needs and priorities so that studies are more 'patient friendly' and work well when they are underway. This involves such things as giving us your advice when a study is being designed or reading patient information sheets to ensure they are easy to understand.

**For more information about the St Gemma's Academic Unit, please contact Amanda on 0113 218 5579**

We also took part in an international study to develop a measure of spiritual wellbeing. The study recruited over 450 patients in 14 countries, involving



Caring for patients and their families remains our priority, however, St Gemma's Hospice believes that the key to making significant improvements in patient treatment is through advancements in medical and other healthcare interventions. This can only be achieved by undertaking high calibre research in the field of palliative and end of life care.

## Springtime facelift for Hospice

Last year St Gemma's was awarded a large grant from the Department of Health to make structural improvements around the Hospice.

The changes are almost complete and we are very happy with the

alterations so far. We have upgraded the entrance to both wards in our In-Patient Unit and made them more welcoming. We've also changed the flooring and decor which was a little tired and it will be much more hygienic and easier to maintain. The Hospice's main reception area will be upgraded next and we hope visitors will like our new entrance area - after all, it is often people's first impression of St Gemma's.

We are grateful to the Department of Health for funding these major changes. Of course, we still need to raise our ongoing running costs of over £24,000 per day, so we continue to rely on your support for this.

**To help, or for more information please contact Gail on 0113 218 5506 or email gailc@st-gemma.co.uk**



## Celebrate with St Gemma's Hospice

When Hannah Zacharias got married last year she asked friends and family to donate the money they would normally spend on drinks at the bar to St Gemma's Hospice, and raised over £1000!

Hannah said:

*"St Gemma's is a truly incredible place that I'm immensely proud to have worked at and to continue to support; a wedding collection seemed like an ideal way to raise money and support their vital work!"*



If you have a special occasion coming up this year and would like to support St Gemma's please get in touch. We can provide bespoke cards, personalised collection boxes, envelopes and pin badges which make perfect favours at your special occasion.

**Contact Tara 0113 218 5559 tarag@st-gemma.co.uk.**



## Nice to hear from you...

Thank you to everyone who takes the time to give us feedback about our care. Feedback of any kind is gratefully received and helps us to improve our services. And comments like this are a lovely boost for our hardworking team!

**Mary Coleman**  
★★★★★ My mum spent her final days at St Gemmas the staff there are brilliant and so professional. They do a fantastic job xx

**Helen Haines**  
★★★★★ A lovely place the staff are wonderful nothing too much trouble

**Donna Englefield**  
★★★★★ The staff at st Gemma's looked after my dad in August and September of last year. The environment created allowed my family and my young children to spend precious time with him. We had picnics, played on the park, went for walks and spent quality time with him. When he was too ill to play out anymore, we had our home from home with him which again allowed us and him to still be a family. I cannot express in words how much the hospice and the staff made such a positive time out of a terrible time. Thank you for all you did for my dad and also for us. We will never forget the care and respect he received.



*"A remarkable place for my whole family."*

**Chris Verrall @ChrisVerrall**  
@nursemaiden I have experience of 1 hospice which cared for both my parents until the end. @stgemmashospice like many is a NATIONAL TREASURE

*"I'm confident that he is in the perfect place for his needs."*

*"Thanks to the kitchen team for the wonderful food, whenever I needed it."*

*"Thanks for your kind, caring and dignified care. You couldn't find care like this anywhere else."*

### Please keep in contact:

[www.st-gemma.co.uk](http://www.st-gemma.co.uk)

0113 218 5500

[postmaster@st-gemma.co.uk](mailto:postmaster@st-gemma.co.uk)

[@stgemmashospice](https://www.twitter.com/stgemmashospice)

[www.facebook.com/st.g.hospice](https://www.facebook.com/st.g.hospice)

## Top marks for the St Gemma's team!

The Hospice is celebrating after being given top marks in two recent unplanned inspections.

We were spot-checked in December by inspectors from the Care Quality Commission (CQC) who reported we were fully compliant with all its health standards. And in January an unannounced visit by Leeds City Council's environmental health department resulted in a five out of five score for our food hygiene.

Director of Nursing Cath Miller said: *"Impromptu inspections mean that inspectors see organisations for what they really are. They provide assurance to patients and the public that services are delivered to the required essential standards of safety and quality. All staff across the Hospice work to, and often beyond, the standards required."*

*and knowledge of our staff across all services. We are clearly an organisation that strives to deliver the highest standard of care to patients and their families. We want to get it right for patients and their families every time, so we welcome inspections and never get complacent about our standards."*

*"It is a true team effort and a credit to everyone involved."*

The CQC visit focused on five of the essential standards: care and welfare of people who use services, meeting nutritional needs,

She added: *"The reports from both inspections are really positive and a reflection of the skills*

requirements relating to workers, staffing and records. The inspectors spoke to patients and their families and at least eight members of staff from a range of professional groups.

The Environmental Health Team focused on standards such as food handling, preparation and cleanliness.



## Join Our Team!

St Gemma's Hospice is a special place to work. We have over 200 staff across our 4 acre site and in our 22 retail outlets. Everyone is here for the same reason – to ensure that we can provide patients and their families with the best possible experience. Whether you support patients, work behind the

scenes in one of the vital supporting roles or help raise the money that funds it all, everyone plays an equally important part.

We are currently recruiting for staff and volunteers in various positions throughout the organisation. From volunteers to senior nursing posts, we are looking for talented individuals to join our successful team.

“I love working at St Gemma's, it's full of care, compassion and laughter.”

Please visit our website for the latest vacancies: [www.st-gemma.co.uk](http://www.st-gemma.co.uk) or email [vacancies@st-gemma.co.uk](mailto:vacancies@st-gemma.co.uk) for more information.

## Record Breaking Raffle!



Congratulations to Mrs Dunne who was the very lucky winner of the Big Car Raffle and won a brand new Suzuki Swift worth £11,000! A huge thank you to everyone who bought tickets, we are delighted to announce that the raffle raised over **£60,000** towards patient care.

Thank you to **Luscombe Suzuki** for donating the car completely for free and to the **White Rose Centre** for promoting the raffle and selling tickets in the centre. For winning numbers ring 0113 218 5296 or visit our website.

## New Pod unveiled in Hospice gardens

Last summer we told you about an interesting new development in the Hospice's gardens. Designed by seven students from Leeds Metropolitan University, and showcased at the RHS flower show at Tatton, our new 'Pod' has become quite a conversation piece! The theme of the Pod and its surrounding garden is recuperation, relaxation and sanctuary. It contains LED lighting, soft interiors, and relaxing music, to entice patients, visitors and staff. The exterior is an interpretation of the Yorkshire rugged landscape, using sustainable and localised

materials, moorland planting, water rills and dry stone walls on a curved path that winds downwards and into the Pod sanctuary.

We would like to say thank you to the students, aptly named '7 Peas in a Pod' for all their hard work, creativity and for giving us such an interesting space in our gardens.

“The patients and their families love it, it's really different and grows on you!”



## Success in the Sahara

Julie Meggs has gone the extra mile to raise money for St Gemma's Hospice by embarking on the trip of a lifetime to the Sahara Desert.

Julie, who will set off on her five-day challenge at the end of February, will be trekking for up to eight hours a day in arid conditions, with temperatures reaching up to 30 degrees.

Julie has been fundraising since October and so far has raised £1800. She said, “Thanks to the support of my local pub, The Halfway House in Baildon, fundraising has been a lot easier than I initially thought. I have put on a few events, including a Sahara themed pub quiz and a raffle which both went extremely well.”

We wish Julie all the best for her trek and congratulate her for raising so much money. If you would like to follow in Julie's footsteps and complete one of our many overseas challenges contact [amym@st-gemma.co.uk](mailto:amym@st-gemma.co.uk)

Julie Meggs

## Shopping for a good cause

It has been a good start to the year for our chain of 22 charity shops in and around Leeds. We had a very promising festive season with lots of great stock donated and lots of customers too. We have also had a great response to the appeal for unwanted Christmas gifts. Now we seem to be benefiting from people having spring cleans as we are receiving fantastic donations of stock every day. Thank you for your valued donations.

Without our wonderful team of volunteers we would not achieve the success we do. We always have room for more volunteers and especially key volunteers who are happy to step in when we need cover for our shops. Volunteering can offer you new skills, confidence, friendships and the knowledge that you are supporting



one of Leeds' favourite charities.

Congratulations to valued volunteer, **John Thompson** who supports our shop in Morley. His commitment over 10 years has resulted in him winning a local **Halifax Extra Giving** award. John said: “I am very pleased to have won – I did not realise I had

been nominated! I enjoy fundraising and helping others but it's nice that my volunteering is appreciated.”

We hope to see you in one of our shops soon.

For details of where to find our shops ring 0113 218 5556 or visit [www.st-gemma.co.uk](http://www.st-gemma.co.uk)

## Crafty Christmas

The St Gemma's Young People's Service organised a “Crafts for Christmas” event in December, as part of its ongoing work supporting children and young people. Fourteen creative youngsters aged between 6 and 14 made some wonderful items including memory jars, photo frames and night light holders which were displayed over the festive period in memory of their loved ones.

We are grateful to everyone who helped at the event and special thanks go to the Asda Foundation who gave a generous donation towards the festive foods and treats which everyone enjoyed!

Some of the parents and carers who stayed for the event clearly enjoyed the

mutual support whilst talking to each other as they waited for the children. This has given us food for thought and at future events we will provide an opportunity for carers to meet each other, share experiences and gain support.

If you would like more information about this special service, please contact **Aly Guy, Social Work Manager** on 0113 218 5500 or email [AlysonG@st-gemma.co.uk](mailto:AlysonG@st-gemma.co.uk)

“Thanks St Gemma's for a great day. I met lots of new friends and it's nice to talk to people who know how I feel.”

The St Gemma's Young People's service works with children, young people and their families when someone is seriously ill or after someone has died.



# Fundraising...

## Coins For Caring

Call now to receive your **new look** Coins for Caring box or Coins for Caring label to be used on your own collection jar! These are perfect to put your spare change into and every donation, no matter how small, makes a difference. Once your box or jar is full please return to the Hospice or one of our local shops and we will send you a thank you letter to let you know how much your collection has raised. We can also provide a more secure box for your local business to place on their counter. **Contact Jenny.**



## Open Your Garden for St Gemma's Hospice

Would you like the opportunity to show off your garden whilst raising funds for your local Hospice? We are looking for private gardens of all shapes and sizes to open for us this summer. You can open your garden on a date of your choice and we will provide all the help you need, **contact Jenny.**

We will once again be opening our award winning garden here at the Hospice this summer for our popular Open Garden event. **Look out for further details in the summer newsletter and on our website.**

## Collections volunteers

We are always on the lookout for volunteers to help with collections in supermarkets on a regular basis or at one off collections across the city. Hours to suit. **Contact Jenny.**

## Unlock pounds for patient care! Donate your keys today

We have now added keys to the list of items that we can recycle to raise money. All types of keys can be donated, not just old house keys. St Gemma's also recycles old and foreign coins, mobile phones, printer cartridges and stamps. These items can be taken to any of our local Hospice shops or brought into the Hospice. **Contact Jenny.**

## Charity of the Year

Would your company consider supporting St Gemma's Hospice through a Charity of the Year partnership? If so, our corporate fundraisers would be delighted to meet with you and discuss how we could work together. **Contact Tracie.**



## Furness update

If you have some spare cash you want to save, don't forget about our affinity charity account we run in partnership with Furness Building Society. You only need £1 to open an account and 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 you will be helping to generate a cash payment to us each and every year, which can be as much as £100,000!

**Visit [www.furnessbs.co.uk/stgemmas](http://www.furnessbs.co.uk/stgemmas) for more details.**

## Amazing ASDA!

St Gemma's would like to say a huge and heartfelt thank you to the staff at the ASDA Foundation who have so kindly been donating large amounts of alcohol, gifts and toys over the past year to be used in raffles and at fairs. Thanks to them we have raised thousands of extra pounds this year. We really are so grateful for these amazing donations and their kind and continued support.



# Coming up this Spring ...

## Run, Run, Run for St Gemma's!



We have highly sought after, guaranteed places in the **Adidas Half Marathon (on Silverstone race course), Leeds Half Marathon, Leeds 10K, Great North Run (Newcastle) and Yorkshire Marathon (York).** You'll receive lots of encouragement, running tips from Olympic Medallist Steve Cram, and a quality running vest. Come join our team! **Contact Becky.**

## Vintage Fair 8 & 9 March

Come along to our award-winning Vintage Fair at the Hospice. There will be a wide range of vintage goods. BBC Auctioneer Gary Don will provide expert valuations. Lots of bargains to be had!! **Contact Amy.**

## St Gemma's Ceilidh Friday 14 March - 7pm at the Hospice

This is a great event, with dancing, food and drink! Places are limited so don't delay in buying your tickets. There will be a bar all evening and live music. Tickets are £10 each (Adults) and £5 each (Children), which includes an Irish stew. **Contact Tara.**

## Indoor Car Boot Sales 29 March and 24 May 10am - 1pm at the Hospice

Grab a bargain at our sales. Entry is by donation. Keep checking our website for dates of future sales and to book a stall (£13 each). **Contact Jenny.**

## Nearly New Sale Saturday 3 May 10am - 12pm at the Hospice

Our next nearly new sale will host over 50 stalls all selling items aimed at babies, toddlers and Mums to be. Entry is £1 per person. If you would like to book a stall these are £13 each. **Contact Jenny.**

## London to Paris Bike Ride 7-11 May

Join our team for this incredible journey! Starting in London, cycle through the English countryside over to rural France and on to the heart of Paris, finishing under the Eiffel Tower. Other dates are available. **Contact Amy.**

## Annual Golf Day Wednesday 11 June

Swing into action at this year's Golf Day held at Moor Allerton Golf Club in aid of St Gemma's. Teams of four are £380 and we also have sponsorship packages available. **Contact Tracie.**

## Windermere Row 21 & 22 June, 28 & 29 June - Lake Windermere

Join us this year and row your boat in teams of 2, 4, 6, 7 or 8. Choose the 10 mile row or 21 miles on 28 or 29 June. For those with a competitive spirit there are trophies up for grabs and even a prize for the best fancy dress outfit (through dressing up is not compulsory!!). To enter you need to commit to raising a minimum of £85 per person. **Contact Kairen.**

## St Gemma's Yorkshire 3 Peaks Friday 5 Sept - Horton-In-Ribblesdale



Join us for our first ever St Gemma's Yorkshire 3 Peaks Challenge day and climb Pen-Y-Ghent, Wharfedale and Ingleborough. This challenge is suitable for experienced walkers as well as beginners - we provide support and training to improve your fitness. Registration is £30pp (non-refundable) and minimum fundraising target is £250 each. **Contact Tara.**

## Annual Questions of Sport Celebrity Quiz & Dinner 11 Sept

Join us on for the 10th Anniversary Questions of Sport Celebrity Quiz and Dinner at the Centenary Pavilion LUFC. We will be celebrating ten years of success with past sporting celebrities joining brand new faces at this event. Entertain colleagues, clients and associates as well as pitting your wits against other teams in the fantastic sports quiz. In sporting fashion, we have Bronze, Silver and Gold sponsorship packages. **Contact Tracie.**

## Great Wall of China Trek 27 September - 5 October

The Great Wall of China has been voted one of the New Seven Wonders of the World. It zig-zags its way across China, snaking across mountains and through valleys. There is also an opportunity to leave your mark by laying your very own brick in a section of the wall. **Contact Amy.**



## Contact Details

**Becky** 0113 218 5505 or [beckyh@st-gemma.co.uk](mailto:beckyh@st-gemma.co.uk)  
**Jenny** 0113 218 5565 or [jennyd@st-gemma.co.uk](mailto:jennyd@st-gemma.co.uk)  
**Kairen** 0113 218 5537 or [kairenb@st-gemma.co.uk](mailto:kairenb@st-gemma.co.uk)  
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**Nicola** 0113 218 5570 or [nicolah@st-gemma.co.uk](mailto:nicolah@st-gemma.co.uk)  
**Tara** 0113 218 5559 or [tarag@st-gemma.co.uk](mailto:tarag@st-gemma.co.uk)  
**Tracie** 0113 218 5296 or [tracieh@st-gemma.co.uk](mailto:tracieh@st-gemma.co.uk)

[www.st-gemma.co.uk](http://www.st-gemma.co.uk)

General: 0113 2185555 [fundraising@st-gemma.co.uk](mailto:fundraising@st-gemma.co.uk)

## Spring Fair Sat 5 April - 10am - 3pm at the Hospice

There will be stalls selling jewellery, cosmetics, artwork, books, local produce and much more! Plus plenty of fundraising stalls, delicious food, a plant sale and fabulous acoustic music performance. We're looking for kind donations for our fundraising stalls such as soft toys, new gift sets/toiletries, books, bottles of spirits, wine and beer, fizzy pop & cakes. **Contact Nicola.**

## Hospice Cycle Sportive Sunday 13 July

A brand new ride involving other Hospices in Yorkshire, this challenge is a must for all cyclists or those wanting to push their skills. Starting at St Gemma's Hospice there's a choice of a 65 mile or 46 mile circular route. The longer route takes you past four other hospices including Overgate, Kirkwood, Barnsley and Wakefield; whilst the shorter route involves Overgate and Kirkwood. There will be a checkpoint at each hospice where water will be available and once back at St Gemma's you can enjoy refreshments, music and a well-earned rest at our annual Garden Party! **Contact Amy.**



## Skydives throughout 2014 - Brigg, Lincolnshire

Sign up for a cocktail of thrilling adrenaline and serene views - raise £450 and you jump for free! Skydives are a fantastic way to raise money for St Gemma's Hospice. It's only 20 minutes of briefing and then you experience the highest jump in the UK at 15,000ft. **Contact Nicola.**

# The 2014 Leeds Midnight Walk - 17 May

## Midnight Walk 2014 - registration form

Please feel free to photocopy and pass to your friends or enter online at [www.leedsmidnightwalk.co.uk](http://www.leedsmidnightwalk.co.uk)

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** (£15 per person for entry)

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?

.....

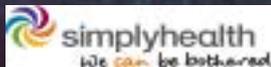
By signing this form I confirm that I commit to raising money for St Gemma's Hospice

Signed: .....

Please return form and payment to:

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

Kindly supported by:



**S**ign up and be part of something special in 2014 and join 1000 ladies for the Leeds Midnight Walk in aid of St Gemma's Hospice.



The walk takes place on **Saturday 17 May** starting at Xercise 4 Less Gym in Kirkstall and walkers will set off at 10pm onto the streets of Leeds – walking 7 or 10 miles to raise money for the Hospice.

**Catherine Baines** took part in last year's Midnight Walk and walked in memory of her dad who died at St Gemma's in 2011. She said:

“*The love and support we were given as a family by the staff was astonishing. Even after my Dad's death my teenage son utilised your counselling sessions which I know helped him immensely. Enough couldn't be done for my Dad and I know, although he knew he was at the end of his life, he was very happy where he was; the St Gemma's staff allowed him to use the last days of his life to do whatever he wanted, nothing was too much trouble.*”

After the walk, Catherine decided to have our owl logo tattooed on her back in his memory and took the opportunity to raise more funds for patient care! Thank you so much Catherine for your kind words and support of St Gemma's.

Enter today and make a difference to someone's life this year! Together we can make each day count for our patients as they receive our care.

Sign up online at [www.leedsmidnightwalk.co.uk](http://www.leedsmidnightwalk.co.uk) or fill in the form opposite



## [www.leedsmidnightwalk.co.uk](http://www.leedsmidnightwalk.co.uk)

## Half and Half Appeal

St Gemma's Hospice was very grateful to receive a cheque recently for **£17,835.83** from the Yorkshire Evening Post's Half and Half Appeal, which supports both St. Gemma's Hospice and Sue Ryder Care Wheatfields Hospice. The fantastic Appeal has been running for 31 years and is featured in the newspaper every day. Jeremy Clifford,

Editor of the Yorkshire Evening Post said: “*It is very much in the psyche of Leeds people and it is all about our readers*”. The Appeal has raised a huge £2.8m for the Leeds Hospices since it started.

**On behalf of everyone at St Gemma's Hospice, we would like to thank the Yorkshire Evening Post and all its readers for supporting us in this way.**

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](mailto:jennymo@st-gemma.co.uk). Thank you for your support. Registered Charity No. 1015941



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