

## A Right Royal Award for St. Gemma's



On Tuesday 22 April Steve Kirk, St Gemma's Chief Executive and Director for Excellence in Nursing, went to London to collect, on behalf of the Hospice, the prestigious accolade: "The Queens Award for Enterprise: Sustainable Development". Winning the award means that the Hospice has been judged by a thorough and demanding process to be among the best of UK organisations. Each year only a small percentage of those who enter measure up to the demanding standards required to win an Award. The Award is given to the organisation as a whole and provides an official endorsement of our achievements. The official summary is below.

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"St. Gemma's Hospice gain the Award based on their excellence in the leadership and management of hospice care. The Hospice provides a range of care services for the terminally ill and their relatives and plays a major role in developing and disseminating best practice both locally and further afield. St. Gemma's has recently led a project to improve the accessibility and availability of hospice care to ethnic minority groups (Pakistani, Bangladeshi, Indian, Black Caribbean, Chinese, Vietnamese) and provided assistance and advice on the development of a new hospice in Sarajevo, Bosnia. The Hospice's recent redevelopment demonstrates its approach to sustainable development via the incorporation of energy efficiency measures and involvement of staff and patients in informing the design and plans".

### A MESSAGE FROM THE BOARD OF MANAGEMENT OF ST. GEMMA'S HOSPICE

At the April Board meeting, members expressed their heartfelt thanks to all who have been involved in any way in the redevelopment – our staff, volunteers and supporters.

For members of staff it has been a time of considerable disruption and difficulty, borne with great patience. We are also indebted to the Home from Home Appeal – its President, the Earl of Harewood, the Vice Presidents and the Committee, chaired by Mr Peter Hartley, and all whose generous giving has enabled the redevelopment to be completed with such spectacular success.

We are justifiably proud of all that has been achieved and Princess Alexandra's memorable visit on the 10th of April was a fitting tribute to the vision, commitment and generosity of so many.

We thank you all most warmly.

Professor Gerald Richards  
Chairman of the Board

## Visit of Her Royal Highness Princess Alexandra

*souvenir photos inside*



*with the Chairman, Professor Gerald Richards, after unveiling the Commemorative Plaque*

# memories

## 1 MARY RYAN – 1978 TO PRESENT VOLUNTEER AND EX-STAFF MEMBER

Mary was a chef at St. Gemma's for many years. She first came to the Hospice after it had been open for three weeks. Today she still cooks in the Convent three days a week and helps in both the Hospice Gift Shop one afternoon and in one of the charity shops on another. "I always remember the atmosphere of caring that struck me when I first came to St. Gemma's. It has always been very special. Two of my most memorable moments were being presented to Princess Alexandra in 1980 and to Princess Diana. Unfortunately, I was working in the charity shop when Princess Alexandra visited in April this year!"

## 2 PAT BRADY – 1981 TO PRESENT HOSPICE CARE ASSISTANT

I remember Sister Mary. If anyone scratched a door or the paintwork with a wheelchair, they would get a formidable reaction! Some of the most memorable occasions for me were trips out with patients from the Day Hospice. I also remember the arrival of the daily ambulance bringing in day patients. Today, we carry out far fewer dressings on patients. Modern treatments and symptom control have made things so much better.

## 3 LINDA ROLFE – 1981 TO PRESENT HOSPICE CARE ASSISTANT

My first impressions were of a very relaxed family atmosphere when I arrived at St. Gemma's. The Christmas concerts always stick out in my mind. Sister Mary was always like your Mum, telling you to do things like, "Put your cardigan on, it's cold!" Over the years the caring at St. Gemma's has continued to be a priority, whilst at the same time developing a more professional approach in how it is delivered.

## 4 KATHLEEN SPEIGHT – 1984 TO PRESENT SHOP MANAGER

Kathleen was a founder member of St. Gemma's and a volunteer who became a staff member. "I remember the first charity shop, 'The Olive Branch', named after Olive Johnson who ran it with her husband, Wilfred. I helped them run it in an outbuilding next to the old cottage at the back. We got a lot of new goods from shops like Next. The customers got to know which days the deliveries

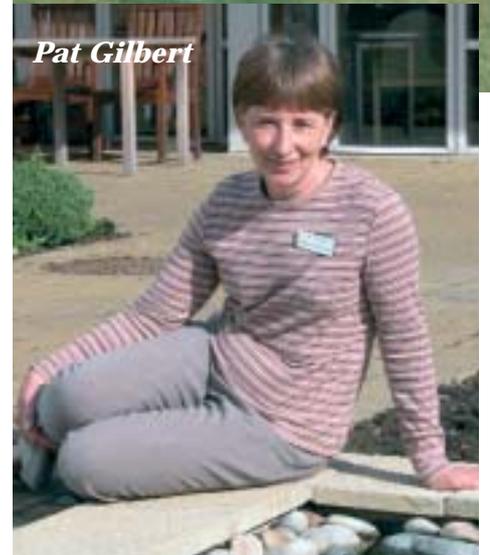
arrived and would turn up in their dozens. The ambulances and other vehicles couldn't get on or off the site as a result! So we started to look for somewhere else for the shop. Mrs. Lusardi, another supporter, had been a shopkeeper in Harehills and knew of a shop that was available. We set up a committee with Canon Lyons and opened the shop in 1984. Six weeks later I gave up my job and became the voluntary manager. Within a year the shop brought in sufficient income to enable the top floor ward to open. In 1987 I was appointed the first paid manager and the shop is still going strong today and I am still the manager! One of my more vivid memories is serving up Christmas lunches, turkey and all the trimmings, in the old hut in the grounds, at the Christmas Fayre. We served 400 meals at £1 a go and blew all the electrics!

## 5 PAT GILBERT – 1978 TO PRESENT COMMUNITY CARE NURSE

Pat arrived at St. Gemma's in August 1978, just a few months after the Hospice had opened. She had previously worked in both hospitals and industry – as an occupational health sister – and had just spent six years as a full time mum. "It was all so small then. Just nine beds, four female, four male and one single sideward. The wards were old classrooms and even had the original parquet flooring! The Hospice was very much nun-oriented. I even had my interview in the Convent kitchen! The nuns worked as nurses in the daytime. I first worked as a night nurse covering a 12-hour shift from 8 'til 8. At night there would be just one nurse and one auxiliary nurse. It could be very lonely at times, especially when one of us was having our meal break. The local men of the road, and even people leaving the Casino, would come knocking on the door by Harrogate Road! Every morning, at the 8 a.m. shift change, we would gather for staff prayers.

Sister John was the chef in those days. She produced wholesome dishes, like Irish stew and dumplings and soup and was always ready to add a personal touch when the staff had had a difficult time. She would appear with a tray of buns or scones to cheer us up! She also provided the food for the staff Christmas parties, which were a three line whip under Sister Mary!

In those days the Hospice was very much nurse-led under Sister Mary, there were no consultants. Local GPs provided support, like Dr Kevin Rooney who helped to set up



Pat Gilbert

St. Gemma's. Referrals came from anyone and everyone: GPs, parish priests, even the veg' shop on Street Lane! Each year one patient was chosen to be taken to Lourdes on the Jumbulance! Sister Francine would always accompany them.

The medical care then was quite different from now. For a start, there were no syringe drivers or patches to offer continuous pain relief. Everything was given on a four-hourly cycle and those in the greatest pain simply had to wait until it was time for the next medicine round. There was also less understanding about pain and symptom control. Patients now are kept so much more comfortable, because of these. Even the beds were basic, with ordinary mattresses. As a result we did a lot more heavy lifting.

One person who stands out from those early days was Joe McLoughlin, the maintenance man. He was a real brick, a Jack of all trades. He drove the ambulance, unblocked drains, worked in the mortuary and did any-



1985 Staff Photograph

## A LIVING TESTAMENT

When reflecting back over the past twenty-five years or so for this special edition of the Newsletter, I was struck by the wonderful legacy that those who began this work left us. Did they realise all those years ago just what they were setting into motion and how it would grow and develop? People like Dr. Kevin Rooney, Canon Joseph Lyons, Sister Olivia and Sister Cecily Mary. Some of them have been fortunate to see the remarkable transformation over the years.

But there are also hundreds of other people who have left a living legacy for St. Gemma's. People whose names don't stick out but without their help St. Gemma's wouldn't be here today, functioning as it does. These are the people who have left St. Gemma's a gift in their Will, perhaps because of the care they or a loved one has received. Or maybe they simply believed in the work of caring that St. Gemma's stands for and felt that they could help make a difference by supporting that work.

Whatever the reason, their gifts have made a difference and for this we are truly grateful. What also makes these gifts so special is the thought and consideration that went into their planning. No one writes or changes their Will lightly and to be included in an individual's Will is something very personal between St. Gemma's and the person who makes that gift. Unlike some of our founders, these people will not see their legacy coming into reality, but the ongoing care and support of St Gemma's to the people of Leeds is a living testament to their generosity and kindness.

If you would like to know more about leaving St Gemma's a gift in your Will, please contact Graham Richards on 0113 218 5506.

### THE EXPANDING WEB!



<http://www.st-gemma.co.uk>

The St. Gemma's Hospice Website continues to grow and develop and surpass our expectations. In it's first six months of operation it raised over £2,000 in online donations from both the UK and around the globe and has received over 2,000 hits! With the completion of the new buildings and garden, we have introduced a rolling slide show on the Home Page. Visitors are treated to a selection of digital images of the Hospice, whilst they choose where they want to visit on the website.

A collection of St. Gemma's publications is available in portable digital format Adobe Acrobat Reader for downloading. This initially covers past Newsletters, but will expand with time to include leaflets and other publications about the Hospice. We are working hard at getting more images onto the site.

So thank you for visiting us online and please tell your friends to look us up!

thing else that needed doing. Nothing was too much trouble and there was never a time he wasn't prepared to come out, even in the middle of the night. He actually died in St. Gemma's himself.

When the new wards first opened, I remember the first patient to be taken in was an elderly priest from the Immaculate Heart, Fr. McShane. After he died, I saw him lying in his room laid out in his splendid robes. It was a memorable sight that stays with me.

Access was also a problem in those early days. The patients could see the gardens through the window, but there were no doors or paths to enable them to get out there. At night you could watch foxes playing on the lawns! Even the chapel, which was still in the Convent, was only really accessible to those who could negotiate the steps. The new buildings were such an improvement, with access from the ground floor wards to the garden and the new chapel off of reception. The other feature was the lightness of the rooms, specially designed to capture as much light as possible.

There have been such sweeping changes over the years; it is hard to make a comparison between the original Hospice and today's. Of course, there are still areas for improvement and there always will be, but above all, the caring is still there as the No 1 priority and as I've said already, the control of pain and symptoms today is so much improved, making the quality of life for patients so much better.





Jet2 Milan

**Tickets for our special 25th Anniversary Summer Prize Draw should be enclosed with this Newsletter. We are very grateful for all the support you already give to St. Gemma's. We know that selling tickets can be hard work, but last year we raised almost £25,000 from the raffles thanks to your generosity. We would, therefore, be grateful if you could once again help the Hospice by trying to sell the enclosed raffle tickets. All the monies raised from our Summer Prize Draw will be used to provide round the clock nursing and medical care to patients who desperately need it, so any help would be much appreciated – and, who knows, you might even win one of our 25 wonderful prizes! First prize is a weekend in Milan, thanks to Leeds Bradford Airport and Jet2.**

**Please don't feel obliged to help but, if you able to, please return the proceeds and the ticket stubs, along with any unsold tickets, to the address below no later than Friday, 15 August. If you would like more tickets please call 0113 218 5570.**

**St. Gemma's Hospice  
Freepost NEA9320  
Moortown  
Leeds, LS17 7YY**

## Forthcoming Events

### ■ AN EVENING OF SUMMER FASHION AND BEAUTY – 7 P.M. THURSDAY, 19 JUNE

Join us for An Evening of Summer Fashion and Beauty in the Hospice Conference Centre. Fashions by House of Fraser. Beauty by Bobbi Brown, St. Gemma's Famous Jewellery Stall. Details from Kirsty on 0113 218 5505. Ticket price £10, including wine, strawberries and cream.

### ■ 22ND ANNUAL LAKE WINDERMERE ROW – WEEKENDS 7,8 & 14,15 JUNE

Over one thousand people will be taking part in the 22nd Annual Lake Windermere Row rowing a fantastic ten or twenty-one miles across England's largest natural mere. May the sun shine and the wind blow in the right direction for you all! If you are taking part in the Row and have any last minute queries or problems, please call Nicola on 0113 218 5557.

### ■ ANNUAL GARDEN PARTY – SUNDAY, 6 JULY FROM 1.00 P.M.

Please join us for an afternoon's fun (hopefully in the sun!) including children's games, barbecue, licensed bar, quality stalls, live entertainment and much more. Please call the Fundraising Office on 0113 218 5505 if you would like to run a stall or donate goods for sale on the day.

### ■ YORKSHIRE DALES CHALLENGE WALK – SUNDAY, 27 JULY

If you would like to join us for our Yorkshire Dales Challenge Walk, trekking a tough 16 miles across some of the finest scenery in the County, please call Kirsty on 0113 218 5505 for more details.

### ■ PARACHUTE JUMPING

We are now recruiting for 'chance of a lifetime' Parachute Jumping during 2003. Join the St. Gemma's hall of fame and sign up now to take part in an exhilarating skydive in aid of the Hospice. Please call 0113 218 5570 for a free information pack.

### ■ INTERNATIONAL HOSPICE CHALLENGE

If you're looking for the adventure of a lifetime, the International Hospice Challenge could be just what you're looking for. You could be trekking the Inca Trail, climbing Kilimanjaro or walking along the Great Wall of China. Dates are available in autumn 2003 or 2004. Please call Kirsty on 0113 218 5505 or check out the web-site at [www.hospice-challenge.org.uk](http://www.hospice-challenge.org.uk).

### ■ FOREIGN CURRENCY COLLECTION

And don't forget we can still accept donations of foreign notes and coins – including old Euro-zone currencies. Please drop them in at the Hospice, one of our Charity Shops or call 0113 218 5570 to arrange collection.



Presentation of a cheque for £35,000 from the Leeds Hospital Fund Charitable Trust to Sister Cecily Mary C.P. at the Hotel Metropole, Leeds. The grant was for both the Home from Home Appeal and our patient care costs.

L-R: Mr Terry Hardy, Chairman of LHF • Mrs Celine North, Lady Mayoress • Sister Cecily Mary C.P. • Cllr. Bryan North, Lord Mayor of Leeds • Mr. Richard Strudwick, Chairman LHF Charitable Trust.

## Rt. Rev. Frank Weston

We were saddened to hear of the sudden death of Rt. Rev. Frank Weston, Bishop of Knarborough.

Bishop Frank has visited the Hospice a number of times over the years and always took a great interest in its work.

Our sympathy and prayers go to his wife, Poppy, family and friends in their sad loss.

## St. Gemma's Hospice Third Annual Art Exhibition

July 17th – 20th 2003

10 a.m. to 8 p.m. Thursday to Saturday  
10 a.m. to 4 p.m. Sunday



Leeds Grammar School will once again host the annual St. Gemma's Arts Exhibition this July.

The show, organised by the North Leeds Friends, is the largest exhibition run by charity to raise money solely for that charity. Over 600 exhibits will be featured ranging from art by household names to that of local enthusiasts. All the art work displayed will be for sale. The exhibition will also feature thought provoking work by Hospice patients who use art as a form of diversional therapy.

In addition to raising funds for St. Gemma's the artists will also be vying for the Gala Cup, which is presented to the artist whose exhibit was voted "best in show." Work by last year's winner, Chris Pollard, will take pride of place at this year's exhibition.

More information on submitting artwork or visiting the exhibition can be obtained from Giles Hall on 0113 218 5559.

Kindly sponsored by:-



# Springtime Roundup

## ■ SECOND ANNUAL SPONSORED DOG WALK

Once again our loyal four legged friends and their owners braved the early spring weather for a brisk walk around Golden Acre Park, for our second annual Sponsored Dog Walk. We hope to have raised well over £5,000 so thank you to all who took part.

## ■ SPRING FAIR

Thanks to all who attended our Spring Fair in April. We were delighted to be back in the newly renovated Hospice, and the stalls looked lovely in their new surroundings. Altogether we raised a fantastic £3,130 – so well done to all our stallholders who worked so hard on the day and to everyone who supported the event.

## ■ SKIPTON CASTLE ON GOOD FRIDAY

Many thanks to all at Skipton Castle for once again donating half the admission fees on Good Friday to St. Gemma's Hospice. Thank you also to everyone who went along for a sunny day out. We hope you enjoyed the day.

## ■ MARATHON RUNNERS

Another big well done to the dedicated runners who took part in the London Marathon on April 13th and the Leeds Marathon on May 11th. Our ten London runners and the thirty who pounded the streets closer to home have between them pledged thousands of pounds in sponsorship. Congratulations to you all for a fantastic achievement!

## ■ LEEDS ARMOURIES' ABSEIL

Well done to everyone who abseiled 100ft down the Leeds Armouries in April on behalf of the Hospice. Over £2,000 has been pledged by our team of daredevils and we are very grateful to you all.

## ■ ANNUAL LINE DANCE

Our annual Line Dance at Pudsey Civic Hall in May was a fun night out for all who took part and completed 50 dances in 3 hours – well done to you all!

## ■ 3RD ANNUAL FAMILY WALK

Thanks to all who took part in our 3rd annual Family Walk at Roundhay Park on May 18th – a fun day out for the young, and the young at heart!

If you still have sponsorship money outstanding from any of our springtime sponsored events, please send it marked for the attention of the Fundraising Department, or call 0113 218 5505

## Tea at Two

Our very own Tea at Two is now back in the newly refurbished Conference Centre. Held at 2 p.m. on the first Tuesday of every month, the event is a great opportunity to relax with friends over a cup of tea and have a shop. In addition to the wonderful refreshments on offer there are also stalls selling jewellery, bric-a-brac, cakes and cleaning products.

## Tea at Three

St. Gemma's are calling upon tea drinkers not able to get to Tea at Two to hold their own tea gathering. On June 20th the Hospice are hoping that you will stop for a cuppa at 3 p.m. and make a donation to St. Gemma's for your slice of afternoon delight! For more information ring Giles Hall on 0113 218 5559.

## Official Invitation to See the Improvements!

We are so proud of the beautiful Hospice so many of you have contributed towards that we would like to invite you to have a tour of the most recently renovated areas. Please join us on:-

Tuesday 1st July 2 p.m – 4 p.m  
Wednesday 9th July 4 p.m – 6 p.m  
Saturday 19th July 10 a.m – 12 noon

Each tour will last approximately 30 minutes and will include the Gardens, Conference Centre, Bistro, Reception, Conservatory, Chapel and Memory Garden.

Please phone Pauline on 0113 218 5555 to make an appointment.

# ROYAL VISIT

Her Royal Highness  
Princess Alexandra



with Pupils from Our Lady of Good Counsel



with Rt Rev David Konstant, Bishop of Leeds



with Volunteer Doris Douglas in the shop



Constance Richards presents a posy



speaking to patient, Doreen Lawrence and Specialist Nurse Practitioner, Trish Corcoran

## **Her Royal Highness Princess Alexandra the Hon. Lady Ogilvy visited St. Gemma's Hospice on Thursday 10th April.**

Her Royal Highness, who laid the original foundation stone in 1980, was given a tour of the newly refurbished Hospice by Chief Executive and Director for Excellence in Nursing, Steve Kirk, and met Hospice staff, volunteers, neighbours and members of the Board of Management.

When Her Royal Highness Princess Alexandra previously visited the Hospice, it was a small 9-bed unit. St. Gemma's has grown in size over the years, and following the recent Home from Home Appeal, is now a high quality modern care facility, with 32 in-patient beds (mainly in single en-suite rooms), a Community Nursing programme and a Day Hospice.

Her Royal Highness met nursing staff and patients on the wards, before proceeding to the Hospice Conference Centre, which provides specialist training for health care professionals, where she unveiled a plaque to commemorate her second visit to the Hospice. As she left the Hospice, HRH Princess Alexandra was presented with a posy of white roses by five year old Constance Richards, daughter of Graham Richards, one of our fundraising staff.

Chief Executive, Steve Kirk said, "HRH Princess Alexandra enjoyed touring the Hospice and seeing the improvements that have been made since her last visit. Some of our staff and volunteers remember her previous visit, and were very pleased to meet her again."

## **Join us for a Celebration !**

**We would like to extend an invitation to our supporters to join us at Leeds Town Hall for a celebration of 25 years of St. Gemma's Hospice.**

The Hospice was established in 1978 and we intend marking its 25th Anniversary with an evening of celebration at Leeds Town Hall on Friday 20th June 2003 commencing at 7.30 p.m. and ending around 9 p.m. The event will be a mosaic consisting of reflections on the first 25 years, choral music, Asian dance, a time of remembrance and an address by the Bishop of Leeds. Other religious leaders will also be taking part and musicians from across the city will combine to provide a joyful celebration of 25 years' service to the people of Leeds and the completion of our major refurbishment programme.

People interested in attending should send a stamped addressed envelope stating how many tickets they require to Sue Nixon (Office Manager), St. Gemma's Hospice, Moortown, Leeds, LS17 6QD by Friday 13th June.