Coins for Caring

Thank you to everyone who has kept (and filled) the Coins for Caring boxes which were sent out with the last Newsletter. If your box is nearly full, you can either send us a cheque, hand deliver your box, or phone us and we can arrange for someone to collect it.

We are looking for new businesses where we can place our larger collecting boxes. If you think your shop or company could help raise funds, we would love to hear from you.

Recently, we have been selling trolley coin keyrings in our Hospice shops. These have been incredibly successful, and for a limited time only, we are now selling 'Supporting my local Hospice' wristbands at all our shops at a bargain price of £1 each.

For details about all of the above initiatives, please contact Joyce on 0113 218 5565.

Profiling Beds Update

The Spring Newsletter featured our wish to replace all 32 Hospice beds with new, electrically operated profiling beds, which can be controlled by the patients themselves and provide better independence. We have had a wonderful response to the article, with several individuals and companies offering to buy beds. This was helped by the Yorkshire Evening Post picking up on the story. As a result, we are now only a few beds short of seeing our wish come true! If you would like more information, please contact Graham on 0113 218 5506.

Memory Funds Update

Since the launch of our new Memory Funds in the Spring we are pleased to announce we now have a total of five funds up and running. These have so far raised just over £14,000. A lot of interest has been shown including a full page article in the Yorkshire Evening Post on the 9th of April. For further information about setting up a Memory Fund to honour your loved one, call Graham on 0113 218 5506.

Shops Update

You may have seen our recent appeal for bric-a-brac. We have had to put out an appeal as we are running short of quality bric-a-brac to sell.

We get a great amount of support and we are always grateful for that, but at the moment we just aren't getting enough to keep our shops filled. We particularly need items of bric-a-brac; ornaments, unwanted gifts, house wares, etc. as these items raise an enormous amount of money for us.

Now is a great time to have a sort out. So, if you have some items around your home that you think we could use, why not pop them down to your local St. Gemma's shop? Every item we sell helps to pay for our vital services.

Our shops can be found in: Alwoodley, Chapel Allerton, Crossgates, Harehills, Horsforth, Morley, Otley, Pudsey, Roundhay, Wetherby and Yeadon. For full addresses, please call Pauline on 0113 218 5555.

Albert Herring Memorial Golf Day and Ball

When sisters Jayne Upperton and Claire Gadsby decided to organise an event in memory of their father, they had no idea how much overwhelming support they would receive.

Their father, Albert Herring was a patient of St. Gemma's Hospice for some time. He was originally visited by one of the Hospice's Community Nurses at home before finally being admitted to the Hospice in autumn 2004. Jayne recalls, "Visits from the St. Gemma's Community Nurses were a godsend as they quickly sorted Dad's pain relief. The whole family were relieved when he was admitted as an in-patient as we knew he would receive the best care possible, anywhere. The staff were truly amazing. The care Dad received, and the support for our Mum, Barbara, and the rest of the family, was exceptional."

Sadly Albert died on the 1st November. Jayne and Claire immediately wanted to do something positive and decided to organise a fundraising event to support the Hospice, to occupy themselves during the difficult weeks and months ahead, and to keep the memory of their father alive.

Claire said, "It felt the natural thing to do. We literally started planning our event straight away and given that Dad was a keen golfer for 30 years, it was fitting to organise a memorial Golf Day and a Ball in the evening. We originally thought we would ask family and colleagues to support us, but it has grown and grown and we've been inundated with offers of help and support. It has been amazing, and has shown us how much our Dad was loved by his friends, colleagues and business contacts. It is a testament to Dad's generosity and kindness."

The Albert Herring Memorial Golf Day and Ball will take place on the 4th of November 2005, at Rudding Park near Harrogate. To date, over 50 golfers will take part in the Golf Day and 200 people are due to attend the Black Tie event in the evening. Claire and Jayne are hoping to raise several thousand pounds from the events.

Jayne and Claire commented, "We know that every penny we manage to raise will be appreciated by the Hospice, but at this stage we're very excited and confident about the financial outlook so watch this space!"

If you would like more information about the Golf Day and Ball, or wish to discuss ways that you can support St. Gemma's Hospice please call Elizabeth on 0113 218 5575.

On-site Laundry Service

St. Gemma's provides an on-site laundry service to all departments within the Hospice. Sarah and her agency helpers work in our laundry providing the Hospice with a clean, quality laundry service to ensure patients enjoy a comfortable environment during their stay.

We wash and iron approximately 1,000 items each week, mainly flat sheets, pillowcases, towels and blankets for the wards, and we also provide a quality service providing clean linen to the Day Hospice, Catering Department and Conference Centre for functions. For patients with no family support, clothing is laundered on site and returned to the wards on an individual basis.

Sarah and her fellow colleagues within the Hospitality Department are also working towards a qualification in Infection Control. Well done and good luck to you all.

Know your DDs from your SOs

St. Gemma's is in the process of changing from Standing Orders (SO) to Direct Debits (DD) for all who have opted to support us on a regular basis. The aim is to make it easier for us to process and collect your donations, whilst giving you a guarantee to safeguard you if wrong payments are ever made.

If something goes wrong with a SO payment, it can take weeks before we find out and then we are not allowed to contact your bank to see why things have gone wrong. We would have to contact you, ask you to contact your bank and sort it out and then let us know what is happening! With a DD, your bank informs us immediately of any problems. We can then contact you, get it sorted and if an error has been made you are covered by the DD Guarantee. It is also easier if you wish to change your regular payment.

If you have any questions about DDs or SOs, please call Graham on 0113 218 5506.

Forthcoming Events

11/12 & 18/19 JUNE – 24TH ANNUAL WINDERMERE ROW

Teams of 2 – 8 rowers can take part in this annual row on Lake Windermere. Only a few boats left. Once again some of our nurses are risking life and limb and rowing 10 miles down the lake. If you would like to sponsor them, or for more information, call Elizabeth on 0113 218 5575.

19TH JUNE – ROSE & CROWN CHARITY DAY

Join us at the Rose & Crown pub on Armley Road for a jumble sale and karaoke. Finishing the day off with a darts competition and a chance to play the Crafty Cockney, Eric Bristow, in the final. For more information contact Louisa on 0113 218 5559

3RD JULY – ANNUAL GARDEN PARTY FROM 1PM

Join us for a sunny afternoon filled with entertainment, stalls, barbecue, afternoon tea, children's games and more! We are on the lookout for new or unused gifts, homemade cakes, bottles for the tombola and garden plants and cuttings to sell. If you can donate any of these, please drop them into the Hospice from Monday, 27th June. For more information call 0113 218 5570.

11TH SEPTEMBER – KETTLEWELL KANTER

A 24 mile circular walk from Kettlewell, via Capplestone Gate, Yarnbury, Linton, Bank Lathe, Bordley, Street Gate & Hawkswick. A real walking challenge but runners are also welcome. Entry is £7.50 (£10 on the day) and includes refreshments, badge, certificate and a meal at the finish. To enter or for more information, contact Laura on 0113 218 5505 or via email at laurar@st-gemma.co.uk.

18TH SEPTEMBER – BUPA GREAT NORTH RUN

All our places for the Great North Run have now been filled – thank you to all those runners who have signed up to support us. If you have your own place in this year's Great North Run and would like to use it to raise money for St. Gemma's Hospice please give Kirsty a call on 0113 218 5570.

24TH SEPTEMBER – ROUNDHAY RUN

Our popular annual 5-mile run takes place on Saturday, 24th September and entry forms will be available shortly. For more details contact Laura on 0113 218 5505.

28TH SEPT – MOOR ALLERTON GOLF DAY

Calling all Golfers.... the annual Moor Allerton Golf Day in aid of St. Gemma's Hospice will take place on Wednesday, 28th September. Teams of 4 (male, female and mixed) compete on the superb Moor Allerton Golf Course. To enter a team costs £300 and includes lunchtime refreshments, golf and a dinner and prize giving. For more information call Elizabeth on 0113 218 5575.

13TH OCTOBER – CELEBRITY SPORTS QUIZ & DINNER

Join us at Elland Road Football Ground for the 3rd St. Gemma's Celebrity Sports Quiz & Dinner. The event consists of a drinks reception, the high-tech sports quiz with each round being presented by a sporting celebrity, 3 course meal and more. Tickets cost £45 each or tables of 10 are £450. Come along, meet some sports celebrities and test your team's knowledge of sport to win some fabulous prizes. For more information and tickets contact Elizabeth on 0113 218 5575.

19TH NOVEMBER – THE WINTER BALL (LET US ENTERTAIN YOU)

Come for a magical evening at the Leeds Marriott Hotel for a pre Christmas Ball with a difference. Champagne Reception, 3 course meal, special 'celebrity' guest and dancing until the early hours. See www.mmhestates.co.uk/charity for more information or call Elizabeth on 0113 218 5575.

PARACHUTE JUMPING

Are you a bit of a daredevil? Would you like to jump out of a plane 1 mile high in the air? If so, call Kirsty on 0113 218 5570. You can jump at any time through the year in locations across the UK.

CHALLENGE YOURSELF!

If you fancy booking the holiday of a lifetime, we might be able to help. Take part in a Charity Challenge and you could raise money for St. Gemma's Hospice and visit a totally different part of the world. St. Gemma's supporters have climbed Mount Kilimanjaro, trekked through lava pools in Iceland and ridden a horse across Mongolia. To learn more contact Kirsty on 0113 218 5570.

PRINTER CARTRIDGE RECYCLING

St. Gemma's can turn used printer cartridges into cash. Lasercharge UK ensure that all our used cartridges are recycled safely and donate money to the Hospice. In the last 10 years over 250 million printer cartridges were dumped in the UK. If you have any cartridges at home just drop them in and we will make sure that they are converted into vital funds. Lasercharge UK can also collect from your workplace. For more information call the fundraising office on 0113 218 5570.

Books for Bereaved People

Stephen Foreman's wife died nearly three years ago in St. Gemma's Hospice. Since that time he has made generous donations of books to St. Gemma's Library and Cookridge Hospital.

Recently he made us a very generous donation of bereavement books for our Bereavement Service to use. A selection of books has been carefully chosen for bereaved adults and children and those who are supporting them in their bereavement. The books are now being widely borrowed.

If you would like to borrow a book please contact Pippa in the Social Work Department at St. Gemma's Hospice on 0113 218 5500 and we will arrange for you to have a look at them.

Grand Summer Prize Draw

With this newsletter you will have received a book of raffle tickets for our Grand Summer Prize Draw. As you can see there are some fabulous prizes on offer. If you would like more tickets or if you would prefer not to buy or sell the tickets please return them to us or contact Laura on 0113 218 5505 and we will make sure you are not sent raffle tickets in the future. We realise that selling tickets is hard work but last year we raised £30,000 from our draws so you can see that it is truly worthwhile.

Open Gardens

Would you like to explore some of Leeds' most beautiful gardens? Select gardens will be open for St. Gemma's green-fingered supporters on the 25th and 26th of June. You can purchase a map from Louisa on 0113 218 5559 which will show you where all the gardens are and allow you entrance into all of them. St. Gemma's Hospice's award-winning gardens will also be open to the public.

A Night at the Races

Join us for all the excitement of a Night at the Races on Friday, 8th July at Temple Newsam Golf Club, Temple Newsam. Tickets cost just £6 each and include a buffet supper, 8 horse races, a disco and more. Win fabulous prizes, become a winning 'horse owner'. For more information and tickets call Elizabeth on 0113 218 5575.

Arts Exhibition

The Fifth Annual Arts Exhibition takes place at Leeds Grammar School from Thursday to Saturday 14th to 16th July from 10 a.m to 6 p.m and on Sunday 17th July from 10 a.m to 4 p.m. Come along and see beautiful artwork created by some of Yorkshire's leading artists and buy an original piece of art for your home.

St. Gemma's Hospice, 329 Harrogate Road, Leeds, LS17 6QD – Tel. 0113 218 5500 – Fax. 0113 218 5502 – email: postmaster@st-gemma.co.uk – Registered Charity No: 1015941

St. Gemma's Hospice, Leeds
newsletter
Quarterly for supporters of St. Gemma's Hospice – Summer 2005
St. Gemma's Hospice – love knows no measure

Gardening Therapies Glasshouse

Putting the final touches to the new Glasshouse

On the 12th of May the long-awaited St. Gemma's Glasshouse was opened by Mr. Charles Clough and Mrs Ann Turner of the Frank Parkinson Trust along with David Rhodes, one of our Day Hospice patients. The Frank Parkinson Trust gave a very significant proportion of the costs of this innovative project and we are very grateful to them and the other Trusts and individuals who have given so generously to this and other projects in our gardens. Fundraising to make the Glasshouse become a reality began back in 2001. Despite a few setbacks about where it would best be positioned, the groundwork began just after Easter this year and the actual construction of the Glasshouse followed in late April.

The Outdoor Therapeutic Activities Project was originally devised as part of the Home from Home Appeal. It was recognised that a number of our patients have outdoor interests, especially gardening. However, for many this is something they can no longer actively participate in for reasons of access, etc. The Outdoor Therapeutic Activities Project will offer patients the chance to take part in such activities again (or even for the first time) while they are either staying as a Hospice in-patient or are users of our Day Hospice service. The heated and fully wheelchair accessible Glasshouse, constructed in the garden, will form the base for these activities. Patients will be invited to help with the propagation and cultivation of plants, especially plants of a sensory nature. The therapeutic gardening activities will be run by our Head Gardener, Denis Hainsworth, in conjunction with and monitored by our Occupational Therapist, Gill Fulton. The project will increase the choice of occupational activities offered to patients. We estimate that up to twenty patients a week will participate in these outdoor activities.

Many of our patients have disabilities, often relating to their illness, which severely affect their mobility. The aim of the therapeutic activities is to enhance their quality of life. By encouraging patients to take part in such activities, we hope to improve their functionality, self confidence and overall motivation and help them focus on something creative. In our experience diversional activities, such as these, also help to distract patients' attention away from their illness.

Plants grown as a result of this exciting initiative will be used to help stock our beautiful, award winning gardens, thereby benefiting patients and visitors alike. They will also provide a living memorial to those who helped create them.

If you have any questions about the Glasshouse and Gardening Therapies Project, or would like to know more about how you could help us maintain and develop our one and a half acres of garden at St. Gemma's, please call Graham on 0113 218 5506.

St. Gemma's Scoops Major Lottery Grant

St. Gemma's has scooped a substantial research grant from the Big Lottery Fund to study cancer pain in older people. The award of £105,000 was announced in mid-May after a six month selection process. It recognises the quality of research being done by the Leeds Pallium Research Group, a research partnership between St. Gemma's Hospice and Leeds University. The grant will be used to examine the effects of cancer pain in older people (those over 75 years of age) in comparison with people under 60 years of age.

Current evidence suggests that the experience of pain in older people is significantly worse than in younger people and this research will try to find out why. It will assess a number of critical factors including the type and intensity of the pain, the types of medicines used and what people do to manage the pain themselves. Other important barriers to good pain control are the attitudes and beliefs that people have about cancer pain. For example, some people wrongly believe that pain is inevitable (it isn't) or that pain killers, like morphine, turn you into a zombie or an addict (they don't). For others, religious beliefs about the value of suffering and putting up with pain make their experience needlessly difficult for them and their loved ones.

The research will be carried out at St. Gemma's over a two year period in partnership with Leeds University and the results will be of enormous interest to the international palliative care community.

Supported by BIG LOTTERY FUND

Summer Garden Party
Sunday 3rd July from 1 p.m.
Join us for fantastic stalls, games, entertainment, BBQ
contact Kirsty on 0113 218 5570 for details

The Newsletter is sent to over 20,000 of our supporters. We hope you find it interesting and if you have any comments we would love to hear from you. If you have a friend or relative who would like a copy, or if you would prefer not to receive this or other mail from St. Gemma's, please contact us. You can call 0113 218 5555, write to Pauline Storey, St. Gemma's Hospice, Freepost NEA 9320, Moortown, Leeds, LS17 7YY, or email paulines@st-gemma.co.uk.

Professor Gerald Richards welcomes David Parr

St. Gemma's Chief Executive, David Parr

Writes

I am proud and delighted to have been given the opportunity to lead the team at St. Gemma's Hospice and it is so good to return to my home city of Leeds. I am really looking forward to building on the success of our award winning Hospice and aim to continue the excellent work of my predecessor, Steve Kirk.

The quality of care we provide to our patients and their carers will be the main focus of my attention. It is my job to ensure that St. Gemma's continues to provide and improve on the incredible levels of care for which it is renowned both nationally and internationally and I look forward to working with everyone to achieve this.

Since I joined St. Gemma's almost four months ago, I have been meeting with key people and groups throughout the Hospice as well as in the community. I will continue to work in close partnership with the health and social care agencies throughout the city and also with representatives from the local business communities. This in order to maintain the search for excellence in the provision of palliative care services and to expand our reputation in the field of teaching and research.

I have enjoyed my time at the Hospice so far and have been very impressed with the level of care and commitment I have seen from the whole team of staff and volunteers. I am also overwhelmed at the loyalty and dedication of our supporters in the local community and beyond. We simply would not exist without your continued generosity.

Whatever part you play in supporting St. Gemma's Hospice, thank you for helping us to ensure that we care for each and every patient and their carers, as individuals, at such vulnerable times in their lives.

Sincere thanks to you all.
With my very best wishes.

Clinical Teaching and Research Unit Update

Research originating at St. Gemma's Clinical Teaching and Research Unit (CTRU) was awarded 3rd prize at the 2005 British Pain Society conference held in Edinburgh. This national conference attracted over 100 research papers and the CTRU was delighted to be recognised.

The research was the first report in the world to accurately measure how many people in the population suffer with symptoms of neuropathic (or nerve damage) pain. Most of the people surveyed did not have cancer but did have severe disabling neuropathic pain. The project used the LANSS pain scale which was developed by Dr Mike Bennett, Consultant at St. Gemma's Hospice, to help diagnose this type of pain.

This prize builds on a track record of success by the CTRU in producing high quality research. Readers may remember that last year the CTRU (as a partner of the Leeds Pallium Research Group) was awarded the prestigious Neuropathic Pain award by the British Pain Society for another research project. This was shortly followed by the Twycross Research Prize from the Association for Palliative Medicine!

The CTRU publishes research papers and book chapters on many areas of palliative care and has been improving patient care by ensuring that research findings are discussed at regular Practice Enquiry meetings with clinical staff and written into clinical protocols for managing patients.

For He's a Jolly Good Fellow

Congratulations are in order for our Consultant and Director of Medicine, Dr Mike Stockton.

Mike has recently been honoured as a Fellow of the Royal College of Physicians, in acknowledgment of his position as a Consultant for 8 years and in recognition of his significant contribution to the Hospice and for his positive impact by providing a quality service locally. Well done, Mike.

The UK Year of the Volunteer

2005 is the Year of the Volunteer. Launched by the Home Secretary, Charles Clarke and the Chancellor, Gordon Brown, the Year of the Volunteer aims to celebrate the valued work of volunteers and encourage more people to start volunteering.

Twenty two million people already volunteer their time in the UK and a further 11 million people are looking to get involved. According to the recently published Home Office Citizenship Survey, volunteering is now worth £22.6 billion a year to the UK economy – volunteers contributing 1.9 billion hours, the equivalent of around one million full time workers.

St. Gemma's Hospice is very privileged to have a dedicated and hardworking team of over 400 volunteers working in a variety of roles supporting departments throughout the organisation. Thanks to you all for your valued contribution towards our work. We are very grateful.

Volunteer, Sheila Crossley

Volunteers, Mary and Geoffrey Briggs

Volunteer Profiles

Sheila Crossley

Sheila has been a volunteer for St. Gemma's Hospice for 26 years, so she has been involved from the very beginning. In fact, Sheila became involved with the Hospice from the very first meeting when discussions about transforming the St. Gemma's School buildings into a Hospice took place. She wanted to do something for the community and wanted to help with the provision of care for terminally ill people. Sheila recalls, "I believed that a hospice was vital for the community and that care of this kind was needed and important."

She continued, "In the early days, I volunteered two days a week doing all kinds of odd jobs; answering the phones, making lunches, serving teas, arranging flowers for patients and sewing. At that time, there were only a few of the sisters and nurses working in the Hospice so they needed all the help they could get."

Not only did Sheila work with the patients, she was also on the original committee, arranging fundraising events and helping to raise the Hospice's profile. Eight years ago, after eighteen years, Sheila decided to stop volunteering in the Hospice and gave her time to helping at the Fairs and with major mailings. She now volunteers at our charity shop in Alwoodley each week as well.

When asked whether she enjoyed being a volunteer she said, "It's been a way of life. The most satisfying thing about being a volunteer for St. Gemma's is that the families are so grateful and so pleased with the care and support that is provided to them and their loved ones. It's really something to be a part of that."

The ABC Support Group

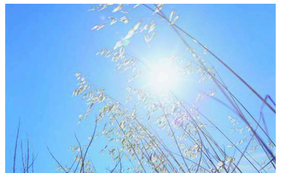
ABC Support Group

It's a family affair for the ABC Support Group, which is made up of Susan Archer, Mary & Geoffrey Briggs and Eileen & Joe Coates. Each one of them brings a special something to the Hospice every week of the year. For the past 20 years they have collectively run their famous bric-a-brac and tombola stalls, rattled collection boxes all over Leeds, sung in choirs to raise money, volunteered in the Day Hospice and on the Wards, helped in the kitchen and worked as a temp in the Hospice's Finance Office.

Sisters Mary and Eileen and Mary's husband Geoffrey all began working at St. Gemma's; Mary as a Bank Nurse, Eileen as housekeeper and Geoffrey as a driver for the Day Centre. They became further involved as volunteers when Mary and Eileen's father was cared for by the Hospice.

You are always able to pick out the ABC stall at our Fairs and Tea At Two event, mainly because of 'Mary the Hat', as she is known, and her fabulous headgear! In addition, you will find Eileen helping in the Day Hospice on a Monday and Mary and Geoffrey doing the patients' shopping on a Tuesday. Joe can be found peeling and chopping vegetables in the kitchen every Thursday and selling lottery cards at Morrisons in the Merrion Centre during the week.

When they were asked why they enjoy volunteering for St. Gemma's they commented that it was because they enjoyed meeting all the people that pass through the Hospice. Mary said, "I enjoy chatting with patients and their visitors and talking to them about their family, especially their pets. I like to think it makes them feel better, just chatting about things."



Volunteer Vacancies

Do you have a spare couple of hours per week or even a day?

Would you be interested in joining our valued team of volunteers who provide St. Gemma's with the additional support, which helps us to provide our patients with excellent care?

If you would, please look at the vacancies in the following departments and if you are interested in any of the roles, contact the specific manager in that area.

Reception

- 3 vacancies – Tues/Thur p.m, and Wed a.m. General reception duties assisting the staff in the main reception area. Volunteers also required who are willing to cover on an ad hoc basis when the regular volunteers are not available.

☎ Sue Nixon, 0113 218 5525

Administration – Spiritual Care

- For half a day per week. Duties include filing, photocopying, general admin, memorial service invitations, setting up lists of resources.

☎ Sr. Brigid Murphy, 0113 218 5500

Ward Shopper

- Required to shop for the patients on one of the wards on a Friday morning. You will liaise with the patients regarding shopping / newspapers, etc and visiting the local shops.

☎ Eileen Aspinall, 0113 218 5500

Day Hospice

- Vacancies for general helpers on Mondays and Tuesdays 9.30 a.m to 3.00 p.m.
- Flexible general volunteers required to cover when the regular volunteers are on holiday.
- Drivers for transporting patients to and from the Hospice; beauticians and hairdressers
- Volunteers required with IT skills to assist the Art Worker and to teach patients IT skills.

☎ Mary Curl, 0113 218 5549

Complementary Therapy

- Massage therapists, aromatherapists or reflexologists who are available for 1 day a week for 4 hours. Training, supervision and support are given. This is an ideal placement for therapists who are newly qualified, as well as experienced therapists with or without experience of working with patients with advanced disease.

☎ Marianne Tavares, 0113 218 5567

Fundraising

- Helping on collection days to shake a tin (annually or monthly) for a couple of hours.
- Selling scratch card tickets at the kiosk in Morrisons in Merrion Centre, for a few hours per week.
- Cleaning collection tins – half a day per month to clean tins and stick on new labels.

☎ Joyce Milne, 0113 218 5565 for above 3 roles

- Tea / Coffee Servers at our Fairs and Fundraising events throughout the year.

☎ Louisa Wood, 0113 218 5559

St. Gemma's 'Ambassadors'

- We need volunteers who can be called upon to go to various locations to pick up cheques, say a few words of thanks and then bring the cheques to the Hospice. Weekends or evenings available.

☎ Louisa Wood, 0113 218 5559.

Shops

- Shop volunteers always required at our 11 shops around the city for a few hours a week.

Driver's Assistants

- To go out on the vans with our drivers. This would involve posting bags through people's letterboxes then picking up the filled bags and delivering them to the shops. No driving involved.

Electrician

- To test electrical goods to sell in our shops. We need someone with a basic understanding of electrical goods and plugs, etc. Training on PAT testing will be given.

☎ Sarah Wood, 0113 218 5576 for above 3 roles

Security

- Required to help keep the Hospice secure in the evenings and at weekends.

Gardeners

- General gardening duties to help our Head Gardener keep the grounds neat and tidy.

☎ Graham Fox, 0113 218 5531 for above 2 roles

Bistro

- Our busy Bistro caters for visitors and staff. Could you spare 2 hours to operate the till, serve food and beverages and help with the service to the clients in the conference centre? We need people from 10.00 a.m until around 2.00 p.m.

☎ Angela Perkins, 0113 218 5532

A Great Big Thank You

To all the following who have organised an event and raised money for us in the last few months. All the humans and their four-legged friends who took part in the Sponsored Dog Walk, House of Fraser and Waitrose at Otley, the Wetherby Friends of St. Gemma's, Skipton Castle, Scottish Tradition, all those who contributed to the Spring Fair, Sheepscar Club, the Roundhay Friends, our London Marathon and Leeds Half Marathon runners, Wetherby District Social Club, the Sponsored Bike Ride cyclists, Wharfedale RUFC and the Rugger Ramblers and fell runners, SMg Risk Solutions, Alliance & Leicester Contact Centre, Country & Metropolitan Homes, Leeds United FC, Direct Line, BJs Café, McInnes Corporate Finance, Royal Bank of Scotland, Natwest, ECHM, Winerite, WABCO and Gildersome Support Group.

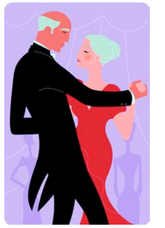
New St. Gemma's Legacy Poster Campaign Launched

Once again we are indebted to Principles Advertising Agency of Devonshire Hall, Street Lane, Leeds for creating an eye-catching and thought provoking poster to help promote the importance of leaving gifts in your Will to St. Gemma's. This year, they have come up with a 'blue plaque', like the ones on buildings where famous people lived, which reads:

"It isn't just REMARKABLE PEOPLE who can leave a legacy.
Help St. Gemma's Hospice with a gift in your Will."

Thanks to the generosity of Viacom who manage all advertising on Leeds buses, we have had 100 posters displayed in buses for at least one month free of charge. We will also be sending posters to all public libraries, GP practices, chiropodists, etc. throughout Leeds.

Dance Your Way Into The Guinness Book of Records



Fancy a foxtrot? Wish you could waltz? Join us at St. Gemma's on Sunday the 11th of September. We are aiming to smash the current world record for the Largest Tea Dance, right here at the Hospice in Moortown. This will be a high profile event and one that you will really want to be part of.

You might be a professional or a complete beginner at dancing, you may have a partner, you might want to come on your own or there may be a big group of you, but you are all welcome to dance your way into the Guinness Book of Records with us. There will be a live band, some dance tuition and afternoon teas for everyone throughout the event.

Entry is £2 per person and we kindly ask that you register for the event and raise as much as you can in sponsorship too. We'd love to put Leeds on the World Record map so put on your dancing feet and join in! For more information please call 0113 218 5505.

Name .....

Address .....

Town ..... Postcode .....

e-mail ..... Phone .....

I will be bringing ..... people with me and enclose fees of £..... Their names are:

....

....

....

If you are a group (WI, Scout group, sports team, etc) please write the name of the group below

.....

Signature .....

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