

Therapies at St. Gemma's Hospice

In addition to the doctors and nurses working at St. Gemma's Hospice, there are also a variety of other health professionals offering various services within the Hospice and in patients' own homes. These include social workers, pharmacists and chaplaincy team members, as well as a busy Therapy Services team. Collectively they are able to offer advice on symptom management, mobility, aids and adaptations, spiritual matters and social issues. The Therapy Services team treat patients in the In-Patient unit, the Day Hospice and as out-patients. The aim is to help patients achieve their maximum potential and maintain it throughout their illness.

Therapies offered include: **Complementary Therapies**

Complementary therapies are provided to patients, carers and staff by the Complementary Therapies Co-ordinator and a team of volunteer therapists. Massage, aromatherapy, reflexology, hypnosis and reiki are currently offered to encourage relaxation, help to relieve pain, anxiety, depression and other symptoms, as well as to promote sleep.

Dietetics

A dietician works at the hospice for five hours a week to provide a service to in-patients and those attending the Day Hospice. The dietician works as part of the multidisciplinary team to devise individual plans of nutritional care, to advise catering and hospitality staff about specific dietary needs and to act as a source of expertise about nutrition related issues.

Occupational Therapy Service

The Occupational Therapist works as part of the multi-professional team and is involved in planning for safe discharge home with appropriate equipment and support services.

The role of the occupational therapist is vital in the assessment, preparation and planning of the home environment. The Occupational Therapist may do home visits to assess the need for equipment and adaptation to the home. The aim is to help the person improve their quality of life no matter how long or short the timescale.

Physiotherapy Service

Patients can be seen by the Physiotherapist either in the In-Patient



Physiotherapy may also be used in the relief of some symptoms, such as advice on positioning of stiff, painful limbs, relaxation techniques and therapeutic massage.

Emilia Lightfoot, Therapies Services Manager says, "The Therapy Services team work closely with nursing and medical colleagues to offer patients and their families high standards of individualised care. We are constantly reviewing what we can provide in order to enhance and develop the services for patients and their carers."



This year St. Gemma's Hospice is hoping to raise £12,000 so the complementary therapy service can be extended to those patients who are being cared for in their own homes.

As with all the services that St. Gemma's Hospice provides, the therapy sessions are free of charge to our patients and their carers. It does, however, cost St. Gemma's Hospice £60 to provide a complementary therapy session to a patient, so a fundraising initiative is being launched to raise these funds. Local beauty salons will be approached and a complementary therapy fair will take place in October.

If you would like to donate £60, which will go directly towards extending our complementary therapy to housebound patients, please send your contribution to the Hospice. For more information please contact Gail on 0113 218 5570 or look on our website for further details.

unit or when they attend the Day Hospice and occasionally as an out-patient. Patients are referred for physiotherapy by a Hospice Doctor or Nurse or by any other professional member of the team taking care of them. All treatment or physiotherapy offered is specially tailored to individual needs. This may involve rehabilitation as far as an illness allows and aims to enable patients to gain and retain as much independence and quality of life as possible.

The Physiotherapist may teach patients exercises, give advice on the easiest way to move and provide walking aids.

Summer Garden Party
Sunday 2nd July from 1 p.m.

Join us for fantastic stalls, games, entertainment, BBQ
contact Gail on 0113 218 5570 for details

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

Advanced nurse practitioner wins award



Photo shows Catherine (centre) pictured with Prof Jessica Corner and Sarah Hill (editor IJPN)

Congratulations to Catherine Malia, the Advanced Nurse Practitioner on St. Gemma's Dales Ward, who recently won an international award. Catherine submitted an article about multi-disciplinary teamwork to a competition in the International Journal of Palliative Nursing and we are delighted to report that her article came second, only narrowly beaten by a team from Israel. Catherine attended a black tie dinner at the Savoy Hotel in London to receive her award. Well done to Catherine for this fantastic achievement.

Dame Cicely Saunders memorial lecture



Photo shows Dr Nigel Sykes delivering lecture

St. Gemma's Hospice was proud to host a memorial lecture in March which paid tribute to Cicely Saunders, founder of the modern Hospice movement. Dame Cicely died at her own hospice in July 2005.

The Lecture, 'Palliative Care – Furthering the Vision' was given by Dr Nigel Sykes, Medical Director and Consultant Physician at St. Christopher's Hospice, Sydenham. He was also previously Macmillan Lecturer in Palliative Care at Leeds Medical School. Dr Sykes knew Dame Cicely well and worked with her for many years.

The lecture, which paid tribute to Dame Cicely's pioneering work as well as reviewing the development of hospice and palliative care in general, was attended by several of our Patrons and more than eighty healthcare professionals from across the region.

Dr Mike Bennett's sabbatical

In our spring Newsletter, you may recall that one of the Hospice Consultants, Dr Mike Bennett, was about to embark on an exciting two month sabbatical to Texas. Mike has now returned from his trip and is back to work at the Hospice. He was keen to update Newsletter readers about his experiences.

"I was away for almost 8 weeks; 7 weeks working at the world famous MD Anderson Centre in Houston and 1 week visiting Calgary and Edmonton in Canada. It was a very interesting experience and I have gained some valuable new skills that I hope will benefit patients at St. Gemma's Hospice in the future.

In Houston, the palliative care department is very advanced and they conduct many research projects on symptom control. I met patients who had travelled over 1,000 miles to be treated, and they (or their insurance companies) were paying \$4,000 per day for treatment in the in-patient unit.

In Canada, there is a very well integrated palliative care programme linking the cancer hospital in-patient unit, community teams and community based 'hospices'. The Canadian healthcare system is largely free to patients so it is more like the UK system. I found the Canadian palliative care set-up to be world class and have picked up some good ideas that I am looking forward to discussing with colleagues now I am back home.

Hospices do exist in America and Canada, but they are more like nursing homes, not the specialist units we have in the UK, such as St. Gemma's.

The academic underpinning of both USA and Canadian palliative care programmes is impressive. In both centres, the commissioners of these services recognise the importance of research and teaching to drive and sustain improvements in clinical care.

It has been a fascinating trip and I have learnt so much in a few weeks. My main aim was to learn new skills and clinical practices that I could bring home to benefit patients at St. Gemma's Hospice. I have certainly achieved this and have also learnt more about making sure that academic activities are successfully linked with benefits to patients. This will be useful for the future development of St. Gemma's Clinical Teaching and Research Unit (CTRU), the aim of which is to improve patient care through knowledge."

From rags to riches

eBay for charity

Over the past couple of months, St. Gemma's have started selling donated items via eBay, the internet auction site. The items being sold are ones that have been donated to our shops but we think we can raise more money by opening them up to a larger market. So far, this has been a successful venture – items we have sold include Irish dancing costumes (they went to Australia and the USA!), designer shoes and handbags, collectable pottery and even an old style telephone!

Most of our donated goods are best sold through our chain of fourteen charity shops, but some items can generate up to five times more than we would ordinarily get for them when sold via eBay. We are working with our shops team to ensure they can spot those special items so we can raise as much as possible for patient care. eBay have realised that a lot of charities are using their site to sell goods and have responded positively by setting up special rates and advantages for registered charities. All items sold on behalf of a charity have a little ribbon next to their listing, so buyers instantly know that their purchase will benefit that charity, plus our selling fees are reduced and in some cases removed altogether, so we receive the maximum amount from the sale.

Individuals can also sell items on behalf of St. Gemma's – if you wish to donate either some or all of the proceeds from an item you sell on eBay, you can do so by visiting: www.ebay.co.uk and then clicking on 'eBay for Charity'. You can also find all of St. Gemma's auction items by searching for us by name under the eBay for Charity link. If you would like any more details about St. Gemma's and eBay, please call Christine on 0113 218 5555.

St. Gemma's Hospice Shops keep on growing

We have recently had a flurry of activity in our shops chain – over the past couple of months, we have opened two new stores – one in Garforth, the other in Beeston. Both are areas where we have a lot of support and this has been highlighted by the wonderful response we have had for volunteers in both shops. Our Wetherby shop also had a refit – it is looking fantastic and the sales figures shot through the roof as soon as we reopened. Our Crossgates branch is the next in line for a face lift – by the time you read this, we hope that it will be completed and reopened with the same success as the Wetherby shop. We are always looking for stock and for volunteers for our shops – if you think you can help out, please call Sarah on 0113 218 5576. Our shops can be found at the following locations:

728 King Lane, Leeds 17	0113 267 3675	78 Queen Street, Morley	0113 253 6971
4 Beeston District Centre, Leeds 11	0113 271 7300	645 Roundhay Road, Leeds 8	0113 249 6670
112 Harrogate Road, Leeds 7	0113 393 0606	2 New Inn Court, Otley	01943 851100
12b Austhorpe Road, Leeds 15	0113 264 9307	25 Lidgett Hill, Pudsey	0113 255 7788
45 Main Street, Garforth	0113 287 5970	49 Street Lane, Leeds 8	0113 288 8838
385 Harehills Lane, Leeds 9	0113 240 5272	5b Market Place, Wetherby,	01937 587453
29 Town Street, Horsforth	0113 258 5761	21 High Street, Yeadon,	0113 202 9080



St. Gemma's Hospice vans

We have recently been fortunate enough to buy a new van for our house to house collections for our 14 charity shops. Privilege Insurance staff are fundraising for us and have contributed towards a large van, complete with a tail lift.

Generating fresh donations of stock for our shops is an ongoing task for us. Getting the stock to the shops is a really key part of making as much money as we can. In order to generate enough stock, we have two full time drivers who post bags through letterboxes, asking the householder to fill and leave it for us to collect a few days later. Each driver works in certain areas of Leeds, making sure we don't go back to the same area too often. Once the bags are filled, our drivers collect them, then take them straight to their allocated shop, where the donations are sorted and sold, raising money for our patient care.

This year, our anticipated income from shops is almost £1.2 million – a huge part of the Hospice's fundraising income – the stock donated via the house to house collections is an absolutely vital part of raising that money.

Sadly, we have recently experienced some theft of filled bags from doorsteps. Rogue collectors are targeting all charities – not just St. Gemma's – by driving around areas where bags are being left for collection and picking them up before our vans arrive. They are then selling the donations for rags to make money for themselves.

Another current popular scam is registered companies – not charities – posting leaflets through doors, asking for goods for the third world. These companies then profit from selling the clothing on. In order to help us combat these scams, there are some things that you can do to help.

- ❖ Only leave donations for registered charities – all bona fide charities will have their charity registration number printed on the bag they leave for you
- ❖ All our vans are marked 'St. Gemma's Hospice.' If you see any unmarked vans collecting our bags in your street, please call the Hospice immediately on 0113 218 5555 and let us know the registration number of the vehicle.
- ❖ If you are ever in doubt, please call us or your local police station straight away.

With your support, we will be able to generate enough good quality stock to make sure our shops raise the money we need to continue to provide the best care for our patients and their families

St. Gemma's Hospice - facts and figures

Last year (2005-6):

- ❧ St. Gemma's Hospice received 939 new referrals
- ❧ The Hospice had 626 in-patient admissions
- ❧ The St. Gemma's Community Nurses made 4,200 visits
- ❧ There were 2,278 Day Hospice attendances

All the services provided by St. Gemma's Hospice are free of charge to patients, families and carers. The running costs of St. Gemma's Hospice are forecast to be £6.1 million in 2006/7. The majority of this needs to be raised through donations, legacies, fundraising initiatives and our chain of charity shops.

80p of every £1 donated to St. Gemma's Hospice is spent on patient care



monday the charities lottery

You may have seen recent national publicity about a new online lottery – monday. St. Gemma's, in partnership with Help the Hospices, will be benefiting from this initiative.

Help the Hospices is one of the charity partners directly benefiting from Chariot's new Charities Lottery – monday. Not only are the odds fairer with better prizes matching fewer numbers, but players will be able to directly select the charity that they would like their money to go towards.

The new lottery hopes to raise over £150 million for charity each year and St. Gemma's share could be £50,000. It will be possible to select Help the Hospices as your preferred charity during five weeks of the year starting in July. Look out for their sunflower logo.

- ❧ You can play online at www.playmonday.com
- ❧ The draw will take place every week on a Monday at 8.00 pm.
- ❧ You can choose your numbers, your charities (if you wish to support St. Gemma's, this should be Help the Hospices), how much you want to play and for how many weeks.
- ❧ If you have an e-mail address, monday will automatically tell you if you win. If you have played by subscription, don't have an e-mail address and have won a jackpot, you will be contacted by post or phone.
- ❧ The winning numbers will be published on www.playmonday.com or you can call 0870 77 44 213.



Let's be thanking you!

Our thanks go to Philip Revill-Johnson and Stephen Clare who recently retired from the West Yorkshire Police. Instead of a gift from colleagues and friends to mark the occasion they chose to have a whip round in aid of two local charities. St. Gemma's was honoured to be chosen and to receive £260 towards our work. Philip and Stephen were police officers for a total of 73 years and it seems that the manner of their retiring was in keeping with their long and valuable service to the people of West Yorkshire. Many thanks to them and to all who contributed.

Heartfelt thanks

Our heartfelt thanks go to the following who have participated in or organised events on our behalf in the past few months:-

All involved with the Ladies Evening of Health & Wellbeing ❧ our Leeds Half Marathon runners ❧ Martin Nelson, Lynne Green & The Light ❧ Wharfedale RUFC ❧ Terry Lonergan and Complete Runner and all our Rugger Ramblers ❧ the dog walkers and dogs at our Sponsored Dog Walk ❧ all involved with the Spring Fair ❧ our fantastic London Marathon runners ❧ our sponsored bike riders ❧ 'C' Company Cadets ❧ Kirsten Marshall & the Thames Path Walkers ❧ Phil Jones and Friends ❧ Claire Brooke & Arnley Sports Centre ❧ Lisa Holmes ❧ Fiona Crawford's dancers ❧ Harehills Conservative Club's bed pushers ❧ Tammy and Jo at The Dexter ❧ Howard Lee ❧ Helping Hands Bingo ❧ The Roundhay Friends ❧ Crimbles Court Community Centre ❧ Ederoyd Neighbourhood Watch ❧ New Western Bingo ❧ Rothwell Round Table ❧ Scholes W.I. ❧ St Anthony's Gold Year Club ❧ Morley Newlands Primary School ❧ Excelsior Snooker Club ❧ Geoff Pickles and Friends ❧ John & Charlotte at Pizza Express ❧ the Hard Rock Cafe ❧ Wayne Simpson (kindly sponsored by Hesco Bastion) ❧ Leeds East Homes ❧ Simon Hinton and Sand Moor Golf Club ❧ Ken Bates ❧ Surgicare ❧ Skipton Castle and the following who supported our Sponsor A Bed Appeal: Malcolm Moss, Onstage, Barclays Direct Mortgages, Halifax, Shulmans Solicitors, The Highways Agency, Addleshaw Goddard, Britvic Soft Drinks, Patricia Carter, D & M Middleton & Son, HGB Construction, Naughton Finance, Shepherd Building Group, Trude Silman, Mr H Worth, Bartfields (UK) Ltd, The Family & Friends of Simon Haythornthwaite, Mrs Butterfield, Communis, Stanley Fowler, Andrew & Karl Korach, Clifford Limbert, Network Marketing, npower, Rensburg Shepherds, Sagars, Taskmaster, Mr H Turner, and Williams Music – Huddersfield.

visit us at our website – <http://www.st-gemma.co.uk>

Forthcoming Events



WEAR YELLOW SPONSORED WALK – WEDNESDAY 21ST JUNE

A fun and educational day out – Sponsored Walk for Year 5 and 6 pupils around Roundhay Park – includes entertainments. Contact Louisa.

ASCOT LADIES DAY THEMED EVENING – THURSDAY 22ND JUNE

Join us at the Hospice for a decadent evening at the races with bubbly, strawberries & cream and race games. Tickets cost £5. Contact Laura.

WESTBOROUGH RATE PAYERS CONCERT – THURSDAY 29TH JUNE

For more information please contact Louisa.

ANNUAL GARDEN PARTY – SUNDAY 2 JULY

Pull on your cowboy boots, don your stetson and join the hoedown at this year's Wild West themed Garden Party. Fun filled event with stalls, games, entertainment, BBQ and refreshments. Starts at 1 pm and finishes at 4.30 pm. Contact Gail.

TREASURE HUNT – SUNDAY 9TH JULY

Gather a team of super sleuths together for a Treasure Hunt in your car around the Leeds countryside. Contact Laura.

ART EXHIBITION – THURSDAY 20TH TO SUNDAY 23RD JULY

Our sixth annual Art Exhibition will be held at Leeds Grammar School, sponsored by Brown Butler and Harrogate Design Group. Open from 10 am – 6 pm Thursday, Friday & Saturday and 10 am – 4 pm on Sunday. Entry, including programme, costs £2. Contact Louisa.

HAREWOOD HIKE – SUNDAY 17 SEPTEMBER

Join us for a sponsored walk around the beautiful grounds of Harewood House. The walk caters for people of all abilities, with a choice of 2, 5 or 10 mile routes. Contact Gail.

MOOR ALLERTON GOLF DAY – WEDNESDAY, 20TH SEPTEMBER

Would you like to play a round of golf on the fantastic Moor Allerton Golf Course? Then join us on 20th September for the annual Moor Allerton Golf Day for teams of 4 players. Entry fee includes brunch and presentation and dinner after the golf. Contact Elizabeth.

ROUNDHAY RUN – SATURDAY 23RD SEPTEMBER

For an application form for this year's five mile fun run in Roundhay Park contact Laura.

GREAT NORTH RUN – SUNDAY 1 OCTOBER

All our guaranteed places have been filled but if you have your own place and would like to run for St. Gemma's, please contact Gail.

QUESTIONS OF SPORT CELEBRITY QUIZ & DINNER – THURSDAY, 12TH OCTOBER

Come and test your sporting knowledge and join us at Elland Road for the 4th Quiz & Dinner where sporting celebrities will be asking questions on their own sports. Teams of 10 compete for the coveted trophy and tickets include drinks reception, 3 course meal and the Quiz. Great for corporate hospitality or a team night out. Contact Elizabeth.

WINTER BALL – 25TH NOVEMBER

Last year's sell out Winter Ball was such a success that we've had to move to a bigger venue this year!! Tickets cost £35 and include a champagne reception, 3 course meal, entertainments and dancing to a 13 piece live jazz/swing band. Contact Elizabeth for a ticket application form as soon as possible to avoid disappointment.

OVERSEAS CHALLENGE EVENTS



Why not attempt the Dragon Mountain Challenge, a ten day trek in South Africa or the Etna Volcanic Adventure, a long weekend trekking through the volcanic terrain of Europe's largest volcano. For information on these and many more overseas challenges, contact Laura.

SUMMER RAFFLE

This year's summer raffle is fantastic! You could win a weekend stay in a beautiful North Yorkshire hotel, a mountain bike or a portable DVD player. Tickets cost just 50p each, or a book of 10 costs £5. Tickets should be included with your newsletter but if you haven't received any or would like more tickets please contact Laura. If you have received raffle tickets and would prefer not to buy and sell them on our behalf please send them back, along with your name and address and we will ensure that you do not receive them again.

PARACHUTE JUMPING



Ever fancied diving out of an aeroplane at 10,000 feet? Steve Perkins did, so he took part in a parachute jump in aid of the Hospice and hasn't looked back since! Steve said, "It is an amazing experience to do a tandem skydive, so much so I had to go on to complete an accelerated freefall course. Now I am jumping 15,000ft skydives on my own. All this is because I wanted to raise money for St. Gemma's Hospice." You can take part in a parachute jump in aid of the Hospice from anywhere in the country, any weekend of the year. And by raising a minimum amount of sponsorship, you will be able to take part in your parachute jump for free! Contact Laura or visit www.st-gemma.co.uk.

FOREIGN CURRENCY

If you have any foreign currency, including any old European coins, we can exchange them and use the funds to help St. Gemma's Hospice. All foreign coins can either be brought to the Hospice, or to one of our fourteen charity shops. For more details please contact Gail.

ST. GEMMA'S TEAM UP WITH EUPHONY

Great News! You can help raise money for St. Gemma's – it won't cost you a penny, in fact it could save you money! Telecommunications company Euphony are supporting St. Gemma's and helping us to raise much needed funds. Please see enclosed leaflet for more information or contact Elizabeth for more details.

Contact details:-

Elizabeth Baxter – 0113 218 5575

Gail Jackson – 0113 218 5570

Laura Robinson – 0113 218 5505

Louisa Wood – 0113 218 5559