



St. Gemma's Hospice, Leeds

# newsletter

## Thank you

Thanks to everyone who has made a special effort to support St. Gemma's Hospice during the credit crunch.

In particular, thanks to those of you who responded to our £2 a month Appeal. It's not too late to do your bit, see inside for lots of ideas or visit our website.

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

## Sporting Celebrities Gather in Support of St. Gemma's Hospice



*Photo, courtesy of Yorkshire Evening Post*

Stars of cricket, football, golf and athletics formed a winning team which helped raise over £30,000 for St. Gemma's Hospice recently.

Around 300 people took part in our sixth annual Questions of Sport Celebrity Quiz and Dinner at Elland Road. The stars included Yorkshire's Brian Close, runner Steve Cram, golf's Howard Clark and football commentator and ex-Leeds United player Chris Kamara.

The event was hosted by Sky Sports and Countdown presenter Jeff Stelling who, along with the sporting celebrities, asked sports related questions to the audience of representatives from local companies. Rugby league commentator Mike 'Stevo' Stephenson and Danielle Brown, the youngest member of the 2008 Paralympics GB Archery squad, were also among those who gave their time for free to support St. Gemma's Hospice.

The event was sponsored by Clarion Solicitors LLP. Sara Rogers, a partner at Clarion and also Trustee of St. Gemma's Hospice said, 'Clarion Solicitors LLP are delighted to have sponsored this event for the second year running and are pleased to be associated with the sell-out event which attracted such amazing sporting celebrities who made this a very special and extremely entertaining night for all the guests present.'

We would like to thank Clarion Solicitors, round sponsors International Personal Finance Plc and Shaw Electrical Services, and all the sporting celebrities who came from near and far to support the event. Well done to the winning team from Provident Financial Plc who took home the trophy.

## St. Gemma's Garden Party

Sunday 12th July  
12pm till 4pm

To be held in our  
Award Winning Grounds  
Harrogate Road, Moortown

-  Large variety of stalls
-  BBQ
-  Live entertainment
-  Plant sale
-  Children's games
-  Afternoon Tea

Call 0113 218 5505  
[www.st-gemma.co.uk](http://www.st-gemma.co.uk)



## Clinical Audit



Edwina Gerry, Clinical Audit Facilitator came in to post in January with the remit to develop and strengthen this important aspect of quality improvement. Although considerable work has always taken place in audit, it was continually a challenge to complete the whole audit process in order to bring about change where this has been required. Having a “dedicated” person for the job makes a significant difference to what can be achieved.

As well as continually monitoring the quality of our care for the benefit of our patients and families, the aim of clinical audit is to provide evidence of the hospice's effectiveness for the Care Quality Commission, the Primary Care Trust and the public in general. With the support of the Clinical Audit Group and the facilitator, staff will be encouraged to carry out first class audit, evaluation and service development projects.

## Appeal for Ambassadors

Can you see yourself as an Ambassador? Are you looking for a new challenge? Would you like to learn new skills and meet people in your free time? The Events and Community fundraising department are looking for a diverse group of talented individuals to become St. Gemma's Volunteer Ambassadors.

The new team will be given a wide range of specialist training and information to enable them to talk confidently and answer questions about the organisation. They will occasionally accept donations and cheques, and represent the Hospice at community events.

All applicants need to be aged 16 or over, and must be willing to get out and about and help us raise awareness about the work we do. If you would like to learn more contact Donna or Anne on 0113 218 5559 for an application form or an informal chat prior to interview.

# 100% Satisfaction from St. Gemma's Staff



**A few months ago St. Gemma's decided to carry out a Staff Survey to 'take the temperature' of the organisation and to see how employees feel about working for the Hospice. All staff received a personal questionnaire asking them to rate their experience of working at St. Gemma's. Some of the questions asked related to their job satisfaction, working environment, relationship with colleagues and their motivation.**

The results were collated externally and all comments were confidential. We were delighted that the vast majority of staff took part in the survey, but we were even more pleased with the responses. We thought we would share some of the key results with you:

- 100% of staff said that the Hospice was a good place to work with over 90% reporting very high levels of job satisfaction.
- Over 90% of staff felt that they worked well with their teams and colleagues to achieve their objectives.
- 94% of staff felt that the Hospice had good food and catering facilities for staff and over 85% said that they were well supported and helped to perform their job better.

Overall there were twice as many positive comments made by the staff and we felt that it was a positive and constructive survey.

We are now working hard to address some of the areas for development and to make improvements wherever possible.

Our staff are our most valuable resource and we hope that investing in them, listening to them and acting on their suggestions, can only go to improve the already excellent service that is provided by St. Gemma's Hospice.

## Family, Friends and St. Gemma's?

**Is there a place for us in your Will?** When it comes to your Will, it is only right that your friends and family come first in your thoughts. But that doesn't mean you can't also leave a gift to a cause you have supported during your lifetime, such as St. Gemma's Hospice.

A gift in your Will, big or small, could make a big difference to someone facing a terminal illness. To find out more about leaving a gift to St. Gemma's Hospice in your Will, please call us on 0113 218 5506 or visit:

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



# From our 'home from home' to your home



*Community Nurse Specialist,  
Elspeth Bedford*

St. Gemma's Hospice is proud to be able to offer care and support to patients in a variety of settings. We have our 32 bedded In-Patient Unit where patients come for 24-hour specialist care in our 'home from home' environment. St. Gemma's Day Services, includes a Day Hospice and Out-Patients department which offer care, support and therapies each weekday in a more informal and social setting. In addition, our St. Gemma's Community Nurse Specialists provide expert advice and support to patients and their families in their own homes. We have eight St. Gemma's Nurse Specialists and the team in total can have approximately 200 patients on their caseload at any one time.

Many of our patients experience different elements of our services and so do some of the St. Gemma's staff. Elspeth Bedford was a Staff Nurse on the In-Patient Unit but she recently changed roles and is now a St. Gemma's Community Nurse Specialist. Elspeth tells us more about her new role and the differences of working in a Ward environment to the heart of a patient's home life.

“I have been in my new role for 4 months and so far it has been an extremely positive and rewarding experience. It is a privilege to be invited into a person's home where we are able to offer our skills to support people and their families through challenging times. One of the

main differences in working out in the community is the liaison and interaction with many more external people and professionals involved in a person's care and the provision of training and support to these agencies. Although I spend many hours of the day out of the office and in people's homes, I am still very much part of the St. Gemma's team and draw on the expertise of the whole team when needed. It's my job to enable patients and their families, through proactive specialist advice, to make choices and decisions around their care and help implement this.

I regularly refer patients to the wider St. Gemma's team for support around physical, spiritual or emotional needs. This may be via Day Services, for an Out-Patient appointment with a doctor, for our range of therapies including physiotherapy and complementary therapy, or for In-Patient care. Having worked on the In-Patient Unit, I have the knowledge and confidence that I am offering a second-to-none service and for me that is very powerful.”



## Pussy cat, pussy cat where have you been ?

I've been to London to see the Queen. Yes I have. I really have!

On Monday 16th March I had the honour to attend a Reception at St. James' Palace. HM Queen Elizabeth and The Duke of Edinburgh were present and I was introduced to the Duke. The reception was to commemorate the Silver Jubilee of Help the Hospices. As I have worked at St. Gemma's for 25 years, my name was put forward to attend this special occasion.

What a wonderful evening this turned out to be. Many hospices throughout the UK were represented as well as patrons of Help the Hospices.

Once through security we found our way to designated rooms. I was in the Entrée Room. This was a sumptuous deep crimson room with huge paintings and gilt mirrors and an enormous fireplace with a massive flower arrangement adorning it.

There was a buzz of excitement and a flurry of nerves from all those gathered as we anticipated the arrival of the Royal couple. Our patience was rewarded when they entered our room at about 7 p.m. Effortlessly and with grace, the Queen and Duke moved along the groups of people who had been chosen to be presented whilst others looked on. How many hands must they have shaken over the last 50+ years and yet they make it seem so unique to the individual. I kept pinching myself to make sure I wasn't dreaming.

All too soon it was all over and it was time to leave the palace. I said my good-byes to those with whom I had chatted and made my way home.

It was an honour to represent St. Gemma's and I would like to say a huge thank you to those who put my name forward. It was a magical evening and one I shall always treasure.

*Judy Hustwit  
Ward Manager*

# A Space for Enjoyment and



The award winning Hospice grounds were purposefully designed to provide an inspiring and uplifting haven for all to enjoy. The gardens are stunning all year round but it is during the summer months that they are appreciated to their full potential. Patients, their families and visitors are already taking advantage of spending time outdoors in the therapeutic surroundings. This summer, the gardens boast some exciting new features: a woodland stream now leads into the newly located pond, a Mediterranean garden provides amazing scents and colours, and our specially designed labyrinth is now complete.



# nd Reflection



This new space for reflection is designed to help us consider the journey of life. Distinct from a maze, which causes confusion, a labyrinth is designed to help us find our way. There is only one path from the outer edge to the centre and back again. Walking the labyrinth can enable us to find strength in difficult times, can help reduce stress and can help us to symbolically let go of burdens. Thanks to our gardening team of staff and volunteers who continue to keep the Hospice grounds at their award-winning best.



## *Gardens of Hope*

We have created four virtual gardens on our website, called the Gardens of Hope. You are invited to plant a virtual flower in one of the gardens and leave a personal dedication to a loved one.

The flowers in the virtual Gardens of Hope will bloom all year round. There are four gardens to choose from: the Lily Pond, the Rose Garden, the Crocus Field or the Clematis Wall.

For further information please visit our Gardens of Hope page on our website or ring Rebecca on 0113 218 5296 for a leaflet.



## Open Gardens

We are proud to launch the summer programme of Open Gardens by opening the Hospice's very own award winning gardens to the public between 10 am and 2 pm on Saturday 20th June. Take this rare opportunity to visit our beautiful gardens with its new features including the labyrinth and Mediterranean garden. Denis, our head gardener, will be on hand to share his knowledge and even swap plants! Refreshments and plant sale. For further details and a free booklet of all the gardens opening in aid of St. Gemma's Hospice contact Anne on 0113 218 5565 or [annem@st-gemma.co.uk](mailto:annem@st-gemma.co.uk).

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

# Fundraising Initiatives

## Don't see anything you fancy in our events list?

Supporters raise money for the Hospice in lots of different ways, you don't need to be restricted to our events list. This summer, we have people walking and cycling Coast to Coast, supporters cycling from Leeds to Scarborough and biking the Leeds – Liverpool Canal, someone taking part in a swimathon and runners competing in a variety of races up and down the country. Last year, supporters who took part in or arranged their own event raised over £40,000 – a fantastic achievement, thank you. If you would like to take part in a sporting event for St. Gemma's or even organise your own event, *contact Laura*.

## Driving Us Crazy!

This summer, St. Gemma's is offering car enthusiasts and driving fanatics a range of events to get involved in. Take part in the Dungball Rally, a UK Coast to Coast rally in cars costing less than £100 and Roll on Rimini or Karry on Krakow: banger rallies from the UK to Italy and Poland. We also have supporters taking part in Top Gear style challenges on European roads and Team Pitstop have just returned from

tackling a route from Leeds to Barcelona. If you fancy something closer to home and more accessible, come along to our Vintage Car Rally at Kirkstall Abbey on August 22nd. For more details about all of these events *contact Laura*.

## Help St. Gemma's Keep Running!

If you have a place in a running event this year, you could use it to raise money for St. Gemma's. It could be the BUPA Great North Run, the Great South Run, Run to the Beat or your local 5K. We can provide you with a fundraising pack and a St. Gemma's running vest. *Contact Laura*.



## Crossgates Support Group

If you live in the Crossgates area, and would like to meet new people while fundraising in your community, then the new Crossgates Support Group might be right up your street! We are looking for enthusiastic individuals with new ideas to join this exciting new group and help the Hospice to raise vital funds by organising their own events and initiatives. For further information please *contact Donna*.

## Children's Smartie challenge

If you are looking for an activity or project for your child to take part in over the summer holidays, then why not ask them to take on the Smartie challenge? Simply buy your child a tube of Smarties as a treat, then once they have eaten them all, ask them to fill the tube with 20 pence pieces for St. Gemma's Hospice, in any way that they can. This could include doing jobs in the house and garden, rewards for good behaviour, asking friends and family or holding a small fundraising event! It's simple, fun and is guaranteed to keep them from under your feet! *Contact Donna*.



## A Fitting Tribute to an Unsung Hero



*Photo courtesy of Yorkshire Evening Post*

Thank you to Alan Brown and Wax-a-daisy flower shops and Myer's Cardigan shop Leeds Market who continue to collect donations in aid of St. Gemma's.

## Heartfelt thanks

Thanks to all who participated in our 5 A Side Football Tournament, Soccer City, John White and Stan Julien from White Rose Shopping Centre, Deian Tecwyn, Sara Rogers and Steve Bond and all the guests and celebrities who attended the Questions of Sport Celebrity Quiz & Dinner, Clarion Solicitors LLP, International Personal Finance Plc, Shaw Electrical Services, staff at British Gas, Eversheds, Futurama Signs, KPMG, Towergate, Gill Wood at Asda Killingbeck, HBOS, Yorkshire Bank, Lights4Fun, staff at Marsh & Mercer, Carlsberg UK, Hayden Harris at Haypro Films, Space Maker Storage, BT Openreach and Skipton Castle who raised an amazing £1,294 from their Good Friday takings. Thank you to John and Sue Griffiths for opening their stunning spring garden and to all the gardeners who are kindly opening their gardens over the summer months. Thank you to all the people who visited and helped at our Easter Spectacular held on 4th April, the event was a great success and raised over £4,500. Thank you to Leeds Horticultural Society, Leeds Kirkgate Market, all of our recent parachute jumpers, everyone who attended our Perfect You event, our

Casino Night gamblers, our amazing London Marathon runners, Trinity And All Saints University, East Leeds Bowling Unity Club, St James's, Opera North, Leeds Irish Centre, Lower Wharfedale Rotary Club, the Roundhay Friends of St. Gemma's, all who took part in the Leeds Half Marathon, everyone who has organised their own sponsored event and last but not least, all our fabulous ladies who took part in the Leeds Hospices Midnight Walk and all of the volunteers and supporters that made the event possible.

## Contact us

The St. Gemma's Hospice Newsletter is produced four times a year and is sent to over 30,000 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 not to receive this or other mail from St. Gemma's, please contact us.

You can call: 0113 218 5555, email: [suel@st-gemma.co.uk](mailto:suel@st-gemma.co.uk) or write to: Sue Lakie, St. Gemma's Hospice, Freepost NEA 9320, Moortown, Leeds, LS17 7YY.

# Forthcoming Events

## Father's Day e-Card

Surprise your Dad on 21st June 2009 by giving him a father's day card with a difference. Send a donation, along with your email address, to St. Gemma's Hospice and we will forward a link to our special new father's day e-card for you to send to him either at work or home. *Contact Donna.*

## Kitsch Cakes – Wednesday 24th June



Learn how to make and decorate cakes and cup cakes, as well as watch demonstrations and have tasters. There will also be shopping opportunities. Each guest will receive a complimentary cup cake and cup of tea. From 7 pm 'till 9 pm in the Hospice Conference Centre. Tickets cost £5. Guests may also enter the cake contest by bringing along their home made cakes. *Contact Fran.*

## Bingo Night – Thursday 2nd July

Eyes down for a fun evening of bingo with great prizes to be won. At the Hospice Conference Centre from 7.30 pm. *Contact Anne.*

## Carnival Run – Saturday 4th July

Register for our very first Carnival Run! This exciting event is a 5K sponsored fun run in Hyde Park, Leeds, in association with the HPTT Park Run. Anyone of any age or ability can take part so you can bring the whole family along. The run is measured and timed, starting at 8.45 am with a 'Carnival style' warm up, and the race itself kicks off at 9.00 am. Entry is £7.00 for adults and £4.00 for children, which includes a free gift to add to your Carnival Outfit and light refreshments afterwards. *Contact Donna.*

## Garden Party – Sunday 12th July

Come along to our annual Garden Party, held within our award winning grounds from 12 noon to 4 pm. There will be lots going on to keep all the family entertained including live music, delicious food, BBQ, games for adults and children, stalls selling fresh produce, jewellery, accessories,



cosmetics and much more. *Contact Fran.*

## Tea at Ten – Friday 24th July

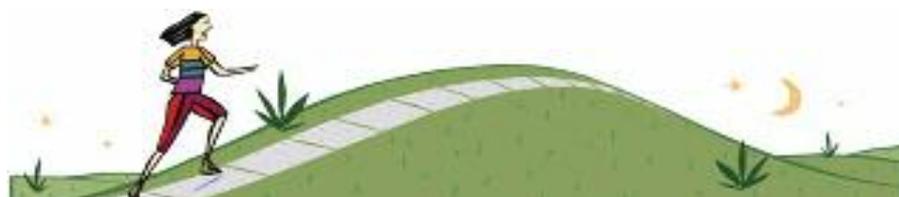
Enjoy a cup of tea, homemade cake and a catch up at Cross Gates Methodist Church from 10 am to 12 pm. Various stalls including; gifts, jewellery, books, plants and tombola. *Contact Anne.*

## Tea at Two – Tuesday 25th August

2 pm to 4 pm at Shadwell Methodist Church, Main Street, Shadwell, Leeds 17. *Contact Anne.*

## Tennis Tournament – Saturday 29th August

If you play tennis and would class yourself as intermediate, then enter our doubles tennis tournament held at Chapel Allerton Tennis Club. The tournament will be knockout style, so you can play your way to the final if you beat off your competitors. Either enter on your own and be matched up or enter with a partner and battle it out together. Refreshments will be provided to participants and it promises to be a great day for all involved. *Contact Fran.*



## Annual Golf Day – Wednesday 16th September

Our annual Golf Day will take place at Moor Allerton Golf Club. After soup and sandwiches in the Club House you'll then play 18 holes on this stunning championship course – one of the best in the area. After the golf it's back to the Club House for dinner and presentation of the prizes to the winning teams. Teams are for 4 players. *Contact Elizabeth.*

## Autumn Walk – Sunday 27th September

Dust off your hiking boots as the St. Gemma's Hospice Autumn Walk is back! We will be holding a sponsored walk using a new route around the Eccup and Harewood area of Leeds. Anyone of any age or ability is welcome to join in and there will be a choice of a 10 mile and a 5 mile route for you to choose from. Please *contact Donna.*

## Winter Ball – Saturday 28th November

See back page under Corporate Connections for further details. *Contact Elizabeth.*

## Indoor Car Boot Sales at St. Gemma's Hospice Conference Centre

Our indoor car boot sales go from strength to strength with stalls now fully booked for the rest of the year. Why not come along, on Saturday 5th September, 3rd October or 7th November and see why they're so popular. Bag yourself a real bargain! Refreshments on sale, entry by donation. *Contact Anne.*

## Colliers Cre Petanque Cup

Northern Petanque are organising their annual Leeds Petanque tournament, for the Colliers Cre Cup between May and August in aid of St. Gemma's and you could take part if you are interested in boules. *Contact Donna.*

## Contact Numbers

Anne	0113 218 5565	annem@st-gemma.co.uk
Donna	0113 218 5559	donnaw@st-gemma.co.uk
Elizabeth	0113 218 5575	elizabethb@st-gemma.co.uk
Fran	0113 218 5505	francines@st-gemma.co.uk
Laura	0113 218 5570	laurar@st-gemma.co.uk

General Fundraising enquiries 0113 218 5555 or [fundraising@st-gemma.co.uk](mailto:fundraising@st-gemma.co.uk)

## Building a Better Future

Susan Wood and Rachel Saville will be making an intrepid journey to Africa in October to put their heart and soul into building a school. The sponsorship money they raise will help St. Gemma's Hospice continue to provide the highest level of care to our patients.

With 6 am wake up calls, 45 minute walks to the building site and long days of labour in the African heat, this will be no easy feat, but Rachel and Susan can't wait to get stuck in. We spoke to them about why they are taking part and how they're preparing for the trip.

Rachel said, "As a child I visited Romania and now as an adult I appreciate that whilst I was having a happy childhood, children in countries like Romania were treated very differently to me. I have always wanted to do something to help the children who suffer and this seems to fit the bill." For Susan, a trip to Africa to help people has always been an ambition. She said, "So far to raise money, I have asked everyone I know for donations or



*Susan Wood*

for their support. They have taken sponsorship forms, organised a cake sale and a street party. I'll be collecting at local clubs and shops, running a marathon and holding stalls at St. Gemma's events. I set up an online justgiving page which has allowed people to donate on-line and also got some publicity in the local paper.

Both women are looking forward to the trip. Rachel said, "I am so excited to do something that I hope will prove to be the most rewarding thing I have ever done!"



*Rachel Saville*

When we asked them what they would say to anyone who would like to do a challenge but was worried about raising money Susan said, "It is a considerable amount so you need to make a commitment to it and stay focused. You may be surprised, like me, at how much other people want to help you achieve your fundraising target." Rachel commented, "When you think of the amount of money we spend on food, clothes and cars it's not much in the grand scheme of things!" **For more information about Rachel and Susan or to find out about taking up your own challenge, visit [www.st-gemma.co.uk](http://www.st-gemma.co.uk)**

## Corporate Connections

The support of local companies is extremely important to St. Gemma's as corporate income has grown to over £400,000 per year. Companies support us in many different ways and here's just a few examples.

Recently, Elizabeth, our Corporate Fundraising Manager visited the Yorkshire Bank offices to collect a cheque for £4,822, raised by Yorkshire Bank staff across Leeds over three months. During the last year they have raised an amazing £17,871 and have extended their support for another year. Yorkshire Bank's Jacqui Atkinson says, 'We are delighted to have raised so much money and the staff have been involved in all sorts of fundraising which has been very successful and very rewarding and great fun too'. The Bank has also contributed hundreds of hours of staff time to help with jobs at the Hospice, saving us both time and money in the process.

Local businessman Malcolm Moss supports us via his Winter Ball which is now a sell-out event for 550 guests, raising over £15,000 last year. This year's Ball, to be



*Elizabeth with Jacqui, Alan and colleagues from Yorkshire Bank proudly showing the total amount raised so far*

held on 28th November, has a 70's/80's theme. Malcolm says, 'The success of the Winter Ball is that it is such excellent value for money. A fizz reception, fantastic 3 course meal, live band, DJ and all the other entertainments for just £40! Companies use the Ball to solve their Christmas party dilemmas and because it is great value whilst supporting a much needed local charity.'

We've also just launched our annual Golf Day at Moor Allerton Golf Course organ-

ised by long term supporter Michael Sorkin and used by many companies for corporate hospitality. The Golf Day, on 16th September, will see teams of 4 from companies across Leeds and beyond gather on this championship course to compete for the winning prizes.

Other recent corporate activity has included a Talent Night organised by ASDA, Killingbeck, a Quiz Night by staff at Marsh & Mercer, a Valentine's raffle by Leeds Building Society, Dress Down Days by Towergate and HBOS and Skipton Building Society have an on-going 2nd hand book sale in their Yeadon branch.

So whether it's participating in our events, organising your own events/initiatives or choosing to support us via adopting us for a year Elizabeth, our Corporate Fundraising Manager would love to hear from you. She's here to help you with anything you need and will keep you posted on all the events and initiatives we have coming up.

**Contact Elizabeth on 0113 218 5575 or email: [elizabethb@st-gemma.co.uk](mailto:elizabethb@st-gemma.co.uk)**