



St. Gemma's Hospice, Leeds
newsletter



The St. Gemma's Young People's Service continues to meet with children and young people from across Leeds where someone in their family is seriously ill or has died.



“The best day ever ...”



This is how some of the children and young people described the recent day trips organised by Dan Bordoley, the Children's Worker at St. Gemma's Hospice.

In April, a group of 11 children aged 4 to 12 years old visited Falconry UK at Sion Hill Hall near Thirsk for a day handling various owls and birds of prey. The centre very kindly provided the visit free of charge. One of the children said, 'I had lots of fun today and it was nice to be with my new St. Gemma's friends.'

The following day a group of 10 young people aged 12 to 15 years old successfully completed the Aerial Extreme High Wire Adventure course at Bedale. They all thoroughly enjoyed the challenge and the minibus journey home was filled with

comments such as, 'I never thought I would be brave enough to do that' and 'it was the best day ever.' The minibus was kindly provided by Leeds Commercial.

The days out form part of a range of activities provided by the St. Gemma's Young People's Service which is largely funded by Children in Need. The service includes individual counselling, group support and fun events for children and young people from across Leeds.

If you would like more information about the St. Gemma's Young People's Service, please contact Dan Bordoley on 0113 218 5555 or email: danb@st-gemma.co.uk

St. Gemma's Hospice Garden Party

Sunday, 11 July from 12 noon until 4 pm in the Hospice grounds

Delicious food, stalls, entertainment, fresh produce, jewellery and much more



Text Us

Our brand new text service is now up and running. If you would like us to keep you up to date with our forthcoming events and send information directly to your mobile phone, text **Events to 60777**. (Standard network rates apply.)

First Furniture Shop

We are delighted to let you know that we have opened our very first furniture shop at 44 Harrogate Rd, Chapel Allerton (opposite the new Lidl). The shop will sell donated furniture, electrical items and household linens and is open 9am-5pm, Monday to Saturday. If you are interested in donating or volunteering, please contact us on 0113 218 5281.



Driver, Andy, delivering our first donations

Shops news. Did you know ... ?

- Our new furniture shop is the 19th shop in the St. Gemma's Hospice chain.
- In addition to the St. Gemma's staff team, our shops are supported by over 400 volunteers.
- In the last year, we sold over 1 million donated items through our shops.
- Collectively, the shops raise £1 million profit each year which goes directly to fund patient care at the Hospice.

We are always looking for stock in our shops, so if you can help we would love to hear from you. Contact the St. Gemma's shops team on 0113 218 5555 or email: christined@st-gemma.co.uk.

More details about our shops and their locations can be found on our website www.st-gemma.co.uk.

Patient records are going electronic

The Hospice has had the opportunity to be part of the NHS Care Records system. This is the beginning of a long term commitment. The Strategic Health Authority is supporting this development and the Hospice has worked closely with Leeds Primary Care Trust to implement the new electronic record system for St. Gemma's patients.



At St. Gemma's, we collect and hold information about patients to enable us to give the correct care and treatment. The information is held on paper and computer. Previously, records have only been accessible by staff who are delivering care at St. Gemma's. Many different people are involved in patient care alongside the Hospice staff, for example the GP, district nurse and the out of hours team. To be able to give effective care, information needs to be shared on a need to know basis. Currently the Hospice is dependent on sharing information through telephone, faxes and letters. Being able to share information through an electronic record will improve patient safety, ensure information is available to those providing

the care much sooner and ensure safe transfer of confidential patient information. Patients are made aware of the need to share records and their consent is sought where possible.

If you would like more information on our new records system and how it is used, a leaflet is available from Mel on 0113 218 5500. Or for any other queries please contact Cath Miller, Director of Nursing, on the same number or email: cathm@st-gemma.co.uk.

More good feedback from our patients

“ it feels like a 5 star hotel! ”



Volunteer Vacancy

A sewing assistant is required to make minor repairs (mainly seams, etc) to seconds stock that is being donated monthly by a major high street retailer. We are looking for a competent, neat hand sewer to come along to the Hospice once a month or, if preferred, items could be repaired at home. For more details, please contact Chris on 0113 218 5556 or email: christined@st-gemma.co.uk.



A privacy and dignity audit has taken place exploring if patients receive care that respects their personal space, modesty and confidentiality. A number of patients and carers helped in the development of the questionnaire and thirty patients from the In-Patient Unit and Day Hospice took part. The respondents rated the ways in which staff supported these aspects of their care as “excellent” (70%) and “very good” (30%). Audits such as this enable us to monitor and make improvements to patient care, so we would like to thank everyone who took part.

For more information about Clinical Audit at St. Gemma's Hospice, please contact Edwina Gerry on 0113 218 5500 or email: edwinag@st-gemma.co.uk

Sporting Heroes raise £31,500



From left: Simon Grayson, Sara Rogers (Partner of Clarion Solicitors and St. Gemma's Hospice Trustee), Bill Beaumont and host, Chris Kamara

Rugby legend Bill Beaumont CBE, went back to his Question of Sport roots recently, joining sports celebrities for the seventh 'Questions of Sport – Celebrity Quiz and Dinner' and raising over £31,500 for St. Gemma's Hospice.

The star studded event, sponsored by Leeds legal firm Clarion Solicitors LLP, took place at Leeds United Football Ground and was hosted by football legend and Sky Sports commentator Chris Kamara. Other sporting celebrities who asked questions about their own sports included LUFC Manager Simon Grayson, Olympic athlete Peter Elliott, ex Yorkshire and England Cricketer Craig White, championship jockey Graham Bradley and ex LUFC player Glynn Snodin, who entertained the 340-strong audience.

Thanks to all the celebrities who gave their time to support the Hospice and to main sponsors Clarion Solicitors LLP who sponsored the event for the 3rd year running. Also thanks to our round sponsors: Shaw Electrical Services, Lights4Fun and International Personal Finance and all the companies who participated in this sell-out event.

Midnight Walk 2010

Thank you and well done to the 1,000 ladies who took part in and completed The Midnight Walk in aid of St. Gemma's Hospice in May. An enormous thank you also to the wonderful volunteers who worked through the night to make sure the walkers were happy, safe and well fed. It looks like we will raise over £80,000 for the Hospice, a magnificent achievement, thank you all!



For more information about the Midnight Walk visit www.leedsmidnightwalk.co.uk

Thanks and Congratulations

Thank you to all at Leeds United for their continued support of St. Gemma's Hospice. Recently they kindly donated £2,000 to the Hospice raised from the Charity Shield. Chairman, Ken Bates wrote in a match day programme recently, 'I believe that charity begins at home. When I became Chairman of the FA Committee which distributes the money raised from the Charity Shield (now Community Shield) I instigated a rule that all monies raised had to be distributed to local charities. Each club nominated their chosen local charity. Leeds United has nominated St. Gemma's Hospice.'

Thank you, we are most grateful. And congratulations to all at LUFC on your well deserved promotion and return to Championship football.



Photo shows Leeds United Manager, Simon Grayson presenting £2,000 cheque to St. Gemma's Fundraiser, Donna Woodman

Cash Windfall will benefit In-Patients

We are delighted to announce that St. Gemma's Hospice has been awarded a capital grant of £396,000 from the Department of Health. The money will be used to refurbish the patient bedrooms on our In-Patient Unit. We chatted with our Director of Nursing, Cath Miller, to find out more about this exciting news and what it means for patients...

Q Why has St. Gemma's Hospice been given this money?

A We applied for a grant specifically to refurbish the patient bedrooms on our In-Patient wards.

Q Why do the rooms need improvement?

A The In-Patient rooms need complete refurbishment due to an increase in the level of dependency of our patients, advances in equipment, technology and significant developments in infection control.

Q What will this mean for patients?

A The improvements will increase patient safety, enhance dignity, privacy and

provide our patients with more control over their environment.

Q What specific changes are planned?

A We will be installing hoists, revising the colour schemes to give better contrast to those patients with dementia or visual impairment, improving ventilation, lighting and flooring with the aim of minimising infection risk and reducing the possibility of falls. Better facilities for friends and relatives who wish to stay overnight will be provided.

Q Will the Hospice In-Patient Unit close during the refurbishment?

A No, we are aiming for the work to be done in eight back-to-back phases to minimise disruption. All the works should be completed by April 2011. Patient admissions will continue throughout the refurbishment.

Q What are the key improvements for patients and carers?

A They will include increased privacy for patients, lighter rooms with a better

layout, reduced trip and infection hazards, upgraded bathrooms and an improved home entertainment system, all of which will meet modern day requirements.

Q Now that we are receiving this grant from the Government, do we still need the local community to fundraise and donate money to the Hospice?

A Yes, absolutely. The Department of Health grant is a capital grant which means that it is restricted to this specific project that St. Gemma's Hospice would otherwise not be able to do. We still need the public's kind support to raise the ongoing running costs of St. Gemma's Hospice.

Q Does this grant cover the total cost of the refurbishment?

A Unfortunately not. St. Gemma's Hospice still needs to raise another £339,000 and we are launching The Refurbishment Appeal to do this. **Please support us in any way you can.**

The Refurbishment Appeal Form

Title:

Surname:

First name:

Address:

Postcode: Phone:

email:

Your donation:

I wish to donate by cash cheque postal order payable to: St. Gemma's Hospice
or by credit card debit card

Card No:

Valid from: Valid to:

Issue No: (Debit Card only)

Name on card:

Date:

Signature:

Under the Gift Aid scheme we can reclaim the tax on all donations from U.K. taxpayers. This means we can increase the value of each donation by 28p for every pound you give. All you need to do is tick the box below and we will do the rest.

Yes please treat all donations I have made in the past four years from the date of this form and all future donations I make as Gift Aid.

PLEASE USE BLOCK CAPITALS AND PRINT CLEARLY

Thank you



Please support the Refurbishment Appeal in any way you can. Every penny will benefit the patients in our care at the Hospice. Thank you.

Ways to Donate:

1. Complete this coupon and send it to:

**The Refurbishment Appeal,
St. Gemma's Hospice,
FREEPOST NEA9320
Moortown, Leeds LS17 6YY**

2. Phone **0113 218 5555** and make your donation over the telephone with a credit or debit card.

3. Donate online – visit our website at **www.st-gemma.co.uk** and click the Refurbishment Appeal button on the homepage.

4. Donate via **JustGiving** and leave us a message, visit – www.JustGiving.com/RefurbishmentAppeal

Lost for words?



We've all faced a situation that has left us lost for words. For many of us, it is especially difficult to say the right words to someone who is recently bereaved. What do you say? What happens if you say or do the wrong thing and cause upset? We've all been at a loss for the right words when we've needed them most.

Pippa Bonner and Valerie Edwards run the Bereavement Service for St. Gemma's Hospice and now hold regular Bereaved Partners Groups. At one of the recent sessions, the group decided to talk about some of the things that they had found helpful and unhelpful through their own bereavement. The participants wished to remain anonymous but they were keen to pass on their thoughts. We hope you find them useful.

What did the group find unhelpful?

- Being told that you are still young enough to meet someone else.
- People thinking you are ready to move on.
- Being asked 'What are your plans?'
- Being told you are 'over the worse.'
- Being told perhaps it is time to think of other things apart from the death of your partner.
- People asking when you are going to take off your wedding ring.
- Being ignored and people avoiding talking about the bereavement.
- People not sensing when you don't want to talk about it.

What did the group find helpful?

- Walking or going on car journeys with people. Being side by side helps to avoid direct eye contact if that is what you would prefer.
- Having friends and family who text or email so that you can choose when to read their messages and you can keep what they have written.
- People who still go on phoning us.
- Feeling in control – being allowed to deflect questions away and choosing when to talk when you are ready.
- Practical help like people bringing cooked food especially in the early days.
- People acknowledging your grief and letting you decide whether you want to talk about it.

Many of us will relate to some of these comments and we hope that this may help you in the future. If you would like to contact Pippa or Valerie in the St Gemma's Bereavement Team, please contact 0113 218 5500 or email pippab@st-gemma.co.uk or valerice@st-gemma.co.uk.

Bereavement Support

St. Gemma's Hospice staff continue giving emotional and spiritual support to relatives and carers after the death of a loved one through:

- follow up from trained bereavement support workers who are willing to see people on an individual basis
- monthly informal bereavement support meetings take place twice a month
- groups for bereaved partners
- specialist support for children and young adults
- near the first anniversary the next of kin receives an invitation to attend, with family and friends, a special memorial service at which their loved one is remembered in a reading of names
- at Christmas time there is an opportunity to remember loved ones through the Light up a Life service

A lasting tribute

If you would like to celebrate the life of someone who has died there are many ways you can give a gift to St. Gemma's Hospice in their memory, including:

Funeral collection in lieu of flowers

- Collect donations at a funeral instead of sending flowers. We can provide printed cards explaining your preference to family and friends.

Tree of Life

- Dedicate an engraved leaf on our Tree of Life to someone special and provide a lasting tribute

Wall of Light

- Sponsor a brick in our Wall of Light to commemorate and celebrate a life of someone special.

For further information about celebrating the life of someone who has died contact Gail on 0113 218 5506 or email: gail@st-gemma.co.uk or visit our website www.st-gemma.co.uk.

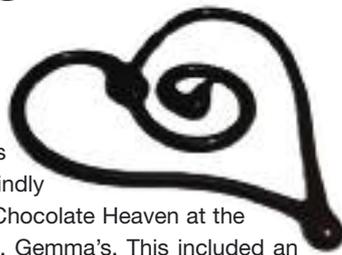
Support us ...

Jail & Bail

24 September

What have a Solicitor, Head Mistress, Insurer, Stockbroker, University Head of Faculty and our own Chief Executive got in common? They all participated last year in our first ever Jail & Bail event and such was the success that we are holding the event again this year. We are looking for 10 intrepid individuals who are up for a bit of fun to take part in Jail & Bail which entails them being 'arrested' by Police Officers at their place of work and driven to Leeds Town Hall where they will appear before a 'Judge' charged with a 'crime'. Last year's 'crimes' included crazy dancing at the office party, being politically incorrect, wearing cream chinos and listening to Slim Whitman CDs! After being found guilty, participants will be taken to the old Victorian cells where they will remain until they have raised £500 'bail money' by using only their mobile phone and address book. Last year's event was great fun and if you think you have what it takes to be one of this year's participants, or would like to nominate someone else, please contact Elizabeth on 0113 218 5575 or email: elizabethb@st-gemma.co.uk

Chocolate Heaven



In March the St. Gemma's Leeds 15 support group very kindly organised a new event called Chocolate Heaven at the Thorpe Park Hotel in aid of St. Gemma's. This included an exciting demonstration from internationally famous Chocolatier, Thierry Dumouchel who kindly gave up his time to come and share his knowledge about chocolate. As well as tasty treats to try there were some fantastic prizes to be won and over £500 was raised. If you are interested in organising events and would like to join a support group then please contact Donna for further information.

donnaw@st-gemma.co.uk'"/>

Have you ever wanted to learn to ballroom dance? Well now is your chance. We are offering 10 females and 10 males the exciting opportunity to be trained by professional dance teachers for a competition and help raise money for St. Gemma's Hospice. If you would like to put on your dancing shoes, or to book tickets, please contact Donna on 0113 218 5559 or email: donnaw@st-gemma.co.uk



The sky's the limit

Skydiving may not be for everyone, but it seems many of our supporters are adrenaline junkies and we have lots of you booking to take part in jumps for us every year. It is a great way to raise funds for us, it's an amazing day for you and your sponsorship money benefits our patients. You just need to raise £395 for St. Gemma's and you get to jump out of a plane at 15,000 feet for free, what could be better?

Since 2008 we have raised almost £45,000 from skydiving which is an incredible amount, so we would like to take this opportunity to thank all those people who have bravely taken part in parachute jumps for us over the years.

People take part in skydives in aid of St. Gemma's Hospice for a whole host of reasons including birthdays, anniversaries, in memory of someone special, something to do before a special age or just because you are a true adrenaline junkie! Whatever your motivation, St. Gemma's can give you the experience of a lifetime. You can jump on a day of the year that suits you so it can coincide with a special date, or you can jump on one of our booked dates where you will jump with lots of other St. Gemma's supporters. We provide you with a fundraising pack to help you raise the money.

Here's what some recent skydiving supporters have told us:

- “ I have always been scared of heights so this was a real challenge for me, but I loved every minute and the instructor made me feel really safe. ” *Laura from Kirkstall*
- “ It was an exhilarating experience and if you have ever fancied taking part in a skydive then I would urge you to sign up, you won't regret it. ” *Nicola from Meanwood*
- “ The skydive was amazing and it was so much easier to raise the money than I expected. People just couldn't believe I was doing it and they know what a great cause St. Gemma's is so they were happy to sponsor me. ” *Ben from Cross Gates*

If you would like to take on the challenge then you can either call 0113 218 5505, email: francines@st-gemma.co.uk or visit www.st-gemma.co.uk

Forthcoming Fundraising Events ...

Leeds 10K Run For All – Sunday, 4 July

We have 25 places secured for our supporters to take part in this fantastic sponsored run in Leeds city centre or use your own place to run for us. Contact Fran.

Chapel Allerton Food Festival – Sunday, 4 July



There will be a Village Fete in aid of the Hospice in The Mustard Pot grounds from 11 am to 3 pm. Local restaurants, bars and food shops will be having stalls, cookery demonstrations and entertainment. Don't miss the "Tastes from Around the World Dinner" in the evening at Seven Arts Centre. Contact Donna.

Garden Party – Sunday, 11 July

It's our outdoor summer fair, held in our award winning grounds and it's packed full of live music, delicious food and fun games for all the family. Plus, hundreds of stalls selling a whole host of gifts and our very own Pimm's tent! Open from 12 noon to 4 pm. Contact Fran.

Classic Car Rally – Saturday, 14 August

Open from 12 noon to 4 pm, there will be hundreds of classic cars, including Leeds MG and Classic Car Club and refreshments available. Contact Laura.



Big Fun Run – Saturday, 14 August

5k fun run for all ages and abilities at Roundhay Park, Leeds. Part of a series of fun runs nationwide. Contact Laura.



Open Gardens – Summer 2010



Gardens across Leeds will be open to the public in aid of the Hospice throughout the summer months. Contact Donna for a programme.

Krypton Factor Challenge – Saturday, 7 August

Take on the official Krypton Factor assault course in Richmond, North Yorkshire. Race against 19 others for assault course glory! Contact Laura.

Indoor Car Boot Sale – Saturday, 4 September

Grab a bargain at the Hospice conference centre between 10 am and 1 pm. Contact Donna.

Yorkshire Three Peaks Challenge – Saturday, 4 September

Take part in a 25 mile sponsored walk in the Yorkshire Dales peaks; Pen-Y-Ghent, Whernside and Ingleborough either as an individual or as a group. Contact Fran.

Walk in Their Shoes Sponsored Walk – Saturday, 25 September

Our patients and their relatives often manage difficult and emotional journeys through their illness. Take part in our 5 mile sponsored walk near Temple Newsam, Leeds in memory or in celebration of our patients. Contact Laura.

Winter Ball – Saturday, 27 November

Join us for the ever popular Winter Ball at LUFC Conference & Events Suite. Fizz reception, 3 course meal, dancing to a live covers band and DJ until 2 am ... all for just £42 per head. Great for your staff Christmas party, entertaining clients or having fun with family and friends. Contact Elizabeth.

Contact Numbers

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 email: fundraising@st-gemma.co.uk

Corporate Connections



Elizabeth from St. Gemma's with some of the Towergate fundraisers

Towergate Fundraising Tops £32,000

Insurance company Towergate Risk Solutions and Towergate Professional Risks, whose 2 Leeds based offices have been fundraising for the Hospice for over 5 years, celebrated recently having raised a total of £32,870. Not only are we amazed by the amount they have raised and the variety of ways they have raised the money, but some colleagues have gone over and above the call of duty to raise money –

- ☞ Phil Davies & Vicky Storr have organised a Treasure Hunt for the last 4 years – a competitive but fun night in pubs across the city centre (not easy for some people)
- ☞ Mark Hughes and his colleagues dressed as Santa and entertained shoppers in the run up to Christmas with their carol singing

- ☞ Richard Wigg has organised an auction of signed memorabilia that he has cajoled from various sources.
- ☞ John Simpson agreed to be locked up in a 'prison cell' for a while until he had raised over £600 'bail money' – all because his colleagues thought that his cream chino trousers and the shirt he wore for the Christmas party were a 'crime against fashion'

Gavin Mitchell, MD of Towergate Professional Risks adds, "I am very proud of all the staff who have contributed so much. It is fabulous for us to support such a worthy local charity and at the same time have so much fun. We are also delighted that the Towergate Charitable Foundation is matching the sums raised by staff."

If you and your colleagues would like to support St. Gemma's and raise vital funds for our patients please contact Elizabeth Baxter on 0113 218 5575 or at: elizabethb@st-gemma.co.uk who would be delighted to hear from you.

Thank you, Super Supermarkets

We are delighted that some Morrisons stores across Leeds will be supporting St. Gemma's Hospice over the forthcoming year as part of a national adoption of Help the Hospices. Look out for our collection boxes in Bramley, Guiseley, Horsforth, Hunslet, Kirkstall, Merrion Centre, Thornbury and Yeadon stores.

Other stores supporting the Hospice are various branches of Somerfield and Co-operative who have already raised over £5,000 of their £20,000 target. Thanks also to Asda for their ongoing fundraising and support.

A Thank You in Advance

Last year, over £1.2 million was left to St. Gemma's Hospice in legacies. We are so grateful to everyone who remembers St. Gemma's in their Will. If you have left a gift in your Will to St. Gemma's, we would like to take this opportunity to thank you in advance for your kindness and generosity. Whatever the size of your gift, you will be helping to give patients the best quality of life possible, no matter how long life is.

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



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 or write to: Sue Lakie, St. Gemma's Hospice, Freepost NEA 9320, Moortown, Leeds, LS17 7YY.