

newsletter



Toni with Team Leader, Gill Clark



Toni with fellow patients, Mary and Marilyn

Those little essential things

Toni Rawson has been a St. Gemma's patient for over four years. She first started coming to the Day Hospice in 2007 and since then has had several stays on the St. Gemma's In-Patient Unit. Toni is looking forward to being discharged home to spend sunny days with her family and four beloved grandchildren. Here she tells us why she is so 'lucky' and why it's important for her to help others in her situation.

“ I was attending Day Hospice at St. Gemma's back in the winter and I heard about a fellow day patient and friend who had been taken ill during her visit on one of the very snowy days we had, and she had been admitted onto the In-Patient Unit.

She had obviously been unprepared for her stay and was concerned that she had no toiletries or personal items with her. I heard how some of the staff slithered through the heavy snow to buy her some shower gel and a magazine, and she was absolutely thrilled at their thoughtfulness.

When I next saw my friend in Day Hospice a few weeks later, she told me about her impromptu stay as an In-Patient. One of the nurses told me that often patients do arrive at the Hospice having forgotten their toiletries or they may just not have had time to buy them before their admission. I thought how awful it would feel to have none of your familiar bits and pieces.

This got me thinking, so a few days later I arranged to meet with three friends and fellow day patients Marilyn, Mary and Barbara for a coffee. We decided to go shopping and buy a supply of those little essential things that you may need during your stay at the Hospice. We had a day out shopping and we bought shower gels, slippers, razors, toothpaste, deodorants, nice 'smellies' and more. Some kind friends made donations to our 'kitty' and we bought enough items to make up a dozen or more wash bags full of stuff. We made the bags up and they looked great and we gave them to the ward staff who were delighted. I know they have been gratefully received by the recipients and I'm so pleased and lucky that I have been able to do something for my fellow patients.

I'll hopefully be back at Day Hospice next Wednesday and I think it's time for us to start planning our next shopping trip! ”

Gill Clark, Team Leader on the Moors Ward said,

“ Toni is an inspiration to us all and despite her own ill-health she is keen to help others. Her fabulous wash bags have become famous around the Hospice! She has been an In-Patient herself over the past few weeks and at times has been very poorly, but she is always thinking of others and ways she can help people out. She's an extraordinary lady. ”

Carers Week 2011

It's Carers Week from 13-19th June and St. Gemma's will be acknowledging the huge impact and contribution that carers make to those they care for, and their communities. In addition to displays around the Hospice, we will be holding a special Carers Evening.

Carers Evening

Are you a carer of a patient known to our services at St. Gemma's? Would you like the opportunity to meet other carers or members of the Hospice team? Join us for our Carers Evening on Wednesday 15th June from 4 to 7 pm at St. Gemma's Day Services. Light refreshments, relaxed atmosphere, discussions groups, manicures, complementary therapies and more ...

To help us cater appropriately, please RSVP to Tina on 0113 218 5503 or email tinab@st-gemma.co.uk. We look forward to seeing you.

Did you know...?

- » There are almost six million carers in the UK, with 518,211 in Yorkshire and The Humber
- » One in eight adults in the UK is a carer
- » 3 million people juggle work with caring responsibilities for a disabled, ill or frail relative or friend
- » Every year 2 million people take on new caring responsibilities
- » 1.25 million people care for more than 50 hours a week
- » 58% of carers are women, 42% are men
- » 1.5 million carers are over the age of 60
- » Carers' unpaid contribution is £87 billion each year, yet the decision to care can mean a commitment to future poverty. Many give up an income, future employment prospects and pension rights to become a carer

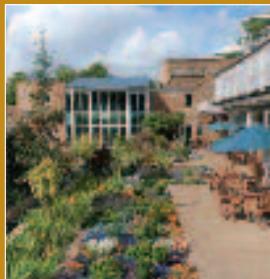
Hollywood royalty supports Carers Week

Hollywood actress Dame Judi Dench is one of several celebrities supporting Carers Week 2011. Dame Judi cared for her husband Michael who had lung cancer. He died in January 2001. She says,

“As someone with experience of caring for a loved one, I am happy to offer my support to Carers Week. 3 in 5 people will be an unpaid carer at some point in their lives and many of them sacrifice everything to save our economy £87 billion every year. It's time to give them something back.”



Dame Judi Dench
Photo by Andrew Zuckerman



At the heart of our community

St. Gemma's Hospice
Strategy 2011 – 2016



St. Gemma's Professor of Palliative Medicine

In partnership with the University of Leeds School of Medicine, St. Gemma's is delighted to announce that Mike Bennett has been appointed the inaugural St. Gemma's Professor of Palliative Medicine. Mike was seen as an outstanding candidate by the 10 members of the interview panel, including a mix of representatives from St. Gemma's, The University of Leeds and other independent experts.

Mike is familiar to St. Gemma's as he worked here as a Consultant in Palliative Medicine before he left to become Professor at Lancaster University in 2007.

Mike will lead the new St. Gemma's Academic Unit of Palliative Care, where a team of researchers will undertake innovative work to improve treatments offered to patients. He will also work as a Consultant at St. Gemma's for two days per week providing direct care to patients as well as training to staff.

There are only a handful of academic centres in the UK and Europe undertaking palliative care research. It is extremely unusual to have a Hospice, such as St. Gemma's, set alongside a strong academic department. This set-up will provide a rich mix of clinical staff and researchers who can work together to generate new ideas and see research findings quickly put into practice.

The research will bring many advances to patient care which could include:

- ❖ Enabling more patients to stay at home for longer or until their death.
- ❖ Alleviating distressing symptoms as patients enter the final phase of their life.
- ❖ Helping patients to be more involved in their care decisions.
- ❖ Reducing fears and anxiety surrounding some treatment options.
- ❖ Improving quality of life for patients and their families.
- ❖ Providing medical staff with a sound knowledge base to use when taking treatment decisions.
- ❖ Allowing care providers to make more effective use of resources.

Mike said,

“I’m delighted to have the chance to return to Leeds and to St. Gemma’s Hospice, and am excited about developing an academic unit for palliative care within Leeds. Research is vital to improve the care that patients receive and to enable better control of distressing symptoms and I will work hard to achieve this.”



Professor Mike Bennett

Thank you to all of our supporters who have donated to our special Appeal to raise funds for clinical research at the Hospice. Over £24,000 has been raised since we launched this project in the spring newsletter. If you wish to support this important innovation, please contact Annabel on 0113 218 5555 or email annabela@st-gemma.co.uk

Walk in Their Shoes - 5 Mile Sponsored Walk

“Memory is a way of holding on to the things you love, the things you are, the things you never want to lose.”

Throughout our lives we all have to deal with loss and many of us wish to do something to celebrate the lives of those who are no longer here. Our sponsored event is a great opportunity for us all to walk in memory or celebration of someone special. Whether that person had contact with St. Gemma's or not, we are inviting you to join us for this special event.

Last year this event was a huge success and everyone really enjoyed the route and beautiful scenery. With blue skies and sunshine, it was the perfect setting to remember those that had been lost. The event raised a staggering £23,000 which is an incredible achievement so thank you to all last year's walkers for their efforts.

This year the 5 mile sponsored walk will take place on Saturday 10th September from 9.30 am. It will begin at Colton Methodist Church with a celebration of those who you are walking for. The circular route will begin from the church hall

and will take you in and around Temple Newsam grounds and back to the church for refreshments. We will provide you with a fundraising pack to help you raise funds for St. Gemma's Hospice and a t-shirt which you can customise. So let's get together and Walk in Their Shoes. Call 0113 218 5505, email francines@st-gemma.co.uk or visit www.st-gemma.co.uk to book your place. Entry is free, we just ask you to raise as much as you can for our Hospice.



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.

Playing your part...

Thousands of people support St. Gemma's Hospice every year. For various reasons, people want to play their part and do their bit for their Hospice. We would like to take this opportunity to thank everyone who plays a part in the life and work of St. Gemma's. Whether you take part in a sponsored event or personal challenge, fundraise at your school, church or workplace, work loyally as a member of staff, or offer your time and expertise as a volunteer. We are incredibly grateful for your support. Here, we look at some examples of people playing their part for St. Gemma's Hospice ...



Run, Kerry, Run !

Since becoming the Chief Executive of St. Gemma's, Kerry Jackson has attended fundraising events and got to know more about the Hospice's vital work. But now, she's putting her best foot forward to raise much-needed funds by signing up for her first 10k race.

Kerry will take part in Jane Tomlinson's Run For All Leeds 10k, taking place on Sunday the 19th of June. The event will be Kerry's first-ever race – and although she has attended and supported various fundraising events, this will be her first personal venture for the Hospice. She said,

“ It’s my first time running but I really want to raise some money for the Hospice. The work we do and the feedback we receive from patients shows how special the Hospice is and that’s a good reason to do it. 10 kilometres is a long way but it doesn’t sound that far in the light of the struggle that some of our patients and families go through at the Hospice.

A 10k run is about 6 miles. I’m not up to the full distance yet, and I still ache after my training, but I’m getting there and by 19th June I should be able to run the full distance. Many thanks to everyone who has sponsored me so far; all the money I raise will go directly to caring for patients and their families at St. Gemma’s. If you would like to sponsor me you can do so at www.virginmoneygiving.com/kerryjackson1. Thank you and wish me luck! ”

Photo courtesy of Yorkshire Post Newspapers

Cashing up for patients

Amanda is the Manager for our charity shop in Pudsey, one of 20 shops in the St. Gemma's chain. All of our shops are managed by professional paid staff in order to ensure that we make the most money possible out of the weird and wonderful donations kindly given to us by the people of Leeds. Here's how Amanda and her team play their part in the work of the Hospice.

8am Up with the larks to get in early. 15 sacks of recyclable materials to be sent – Phew! That's a relief! A bit of extra room now for the delivery of the bag drop.

8.30 am A quick tidy up and round with the air freshener. Make sure there's enough milk for the many cups of tea for the volunteers!

9.00 am Marvellous – the cheery volunteers arrive to start off the day with their usual good will and off we go – always busy sorting, steaming and looking after all our important customers. Shop opens to the public.



Shop Manager, Amanda

11.30 am We have had a lot of good quality donations already today. In fact, a lady has just called in to donate a bag full of designer dresses. They will sell like hot cakes. I think we'll do a nice window display with them to show them off to passers-by.

2.15pm The van driver has just delivered dozens of bags that he collected today from our bag-drop in the Meanwood area. There are some fantastic items in the bags including shoes, bric-a-brac and toys. Thank you Meanwood!

5pm It's all gone wonderfully well – lots of money taken to keep our fantastic Hospice running. Thank goodness for this team of loyal, dedicated people giving all their time purely out of good will.

5.30pm Right – my feet are like balloons, my head is full of ideas for making even more money tomorrow, my legs ache... but I feel GREAT inside! We are proud to be doing our bit for the Hospice.

Thank you to everyone who works in, shops in and donates to our shops. If you would like to play your part, please visit our website www.st-gemma.co.uk then click on 'how to help us' then click 'Shopping and Gifts'.

Stop Press!

We have a new shop opening this summer in Guiseley. For the opening date, address and more details visit www.st-gemma.co.uk or phone 0113 218 5555.



Volunteer, David Shindler

Making a difference

St. Gemma's Hospice is privileged to have a dedicated team of over 600 volunteers in supporting roles throughout the organisation. Collectively they save the Hospice thousands of pounds each year by providing their time, skills and experience.

Many volunteers work in and around the Hospice, in our chain of charity shops and supporting departments with administrative help. The St. Gemma's Board of Trustees are also volunteers and they provide vital ongoing advice and support to the Hospice. There are many others who help behind the scenes and here, David Shindler tells us how he has played his part for the Hospice ...

“ I am a workplace coach and I'm trained in Myers Briggs Type Indicator Assessment which is about personality types and tells us how we think and what we tend to focus our energy on. When you're working in teams it's useful to have an understanding of how each other works and why you sometimes get on better with one person than another. The senior nursing staff at St. Gemma's used to get these assessments but they don't any more so I offered my services for free. We focused on how they each thought, their different approaches to things and how they liked to contribute. It gave them a clear profile of the team which hopefully allows them to play to their strengths and work together better. I did this because I want to make a difference to society. In this instance I helped a worthy charity that doesn't have a lot of money. It's about helping them to do their job even better.”

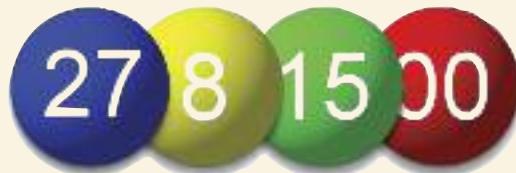
We are particularly interested in opening up our volunteer roles and opportunities to all ages and also to people who may only have limited time to spare for volunteering activities. For general information about volunteering at St. Gemma's Hospice, please contact Kathryn on 0113 218 5573 or email kathrynb@st-gemma.co.uk. For a more detailed chat about innovative ways of volunteering your skills and expertise, please contact Cath on 0113 218 5529 or email caths@st-gemma.co.uk



And the winner is ...

Everybody loves a good raffle and it is so thrilling to have the winning ticket in your hand. No good fundraising event is complete without a raffle and here at St. Gemma's, we are always on the lookout for good quality raffle prizes from which we can raise thousands of pounds for our patients.

Do you have anything you could donate to help us source the hundreds of raffle prizes we need every year? Perhaps you have a bottle of wine or champagne that has been hanging around for a while, a holiday home that you could donate for the week, annual tickets to a sporting event that you can't use or an attractive but unwanted gift? Or perhaps the company you work for has some surplus stock that they would like to donate. All items must be new and in perfect condition. If so, please [contact Tracie](#).



St. Gemma's & Wheatfields Hospices Lottery

Lottery Launches a Fundraising Rollover

The joint St. Gemma's & Wheatfields Lottery has launched a new rollover jackpot to add to the prizes already on offer to its players. The prize, which starts off at £250, will grow every week if it is not won, up to an incredible £12,000 when one lucky winner will walk away with the lot.

The lottery which has now raised over £2.5m for the hospices is also offering new and existing members 4 FREE weeks when they take out a new subscription – just quote NEWS1. For more details, please contact the lottery office on **0113 278 1500**.

Support us ...



Are you a motoring enthusiast?

Have you always wanted to set foot on the legendary Silverstone racing track? Do you have a passion for vintage motors? Has the idea of a banger rally always appealed to you? St. Gemma's Hospice now has a range of NEW and exciting fundraising opportunities just for you!

Car Rally – Saturday 13th August

We will once again be holding this fabulous day out for car enthusiasts in association with the Leeds MG & Classic Car Club at Kirkstall Abbey between 10 am and 3 pm. The day will include hundreds of classic cars, a best in show trophy, entertainment, raffle, stalls and refreshments. [Contact Jenny](#).

Adidas Silverstone Half Marathon – March 2012

We have a number of places available for this extremely popular race. It takes place on the

Silverstone motoring track and is a great challenge for anyone working up to a marathon, or just as a great challenge on its own. [Contact Hayley](#).



Motscape Banger Rally – sign up now for September 2011 or September 2012

The challenge: Buy a car for less than £250 (or find one that is over 20 years old). Get a team together of 2 or 3 people. Choose your route (either to Bologna or Prague) and off you go! This is the first time that St. Gemma's Hospice has offered this as a sponsored event and we think it will be a fantastic opportunity for a team of friends or work colleagues to do something truly memorable and fun... and raise money for the Hospice at the same time. [Contact Hayley](#).



Flag Day – Saturday 26th November

On Saturday 26th November we have our annual Flag Day collection where we have permission to collect in the city centre and the suburbs of Leeds. Can you help by collecting money and raising awareness of St. Gemma's Hospice in your local area? To register your interest please [contact Jenny](#).

Collections volunteers

We are currently recruiting for people to help bring in vital income through store collections in local supermarkets. There are a wide range of dates and times to choose from throughout the whole year and you can do as little or as much as you like. [Contact Jenny](#).

Re-cycling

Did you know that we are able to raise valuable funds towards patient care through re-cycling unwanted and broken mobile phones, used printer cartridges, used postage stamps and old or foreign coins? Simply drop your unwanted items off at the Hospice or at one of our shops across Leeds. For more details [contact Jenny](#).

Do you have a hobby that could raise funds for St. Gemma's Hospice?

We are currently looking for groups to support the Hospice by organising an event for us. If you would like to get involved but are not sure what to do we have lots of event ideas and can even provide you with details of how to go about organising them. If you would like to discuss this in more detail we would love to hear from you. [Contact Tara](#).

Coming Up...

British Gas Great Swim Series

– June/July Including; 11th June (Great East Swim), 17th-19th June (Great North Swim) & 2nd July (Great London Swim)



The British Gas Great Swim Series are one-mile, half a mile or two mile public swimming events that take place in various lakes, lochs and docks around the UK. We don't have guaranteed places for this swim so please register at: www.greatswim.org. Once you have registered get in touch with us to let us know you are taking part and we will send you a fundraising pack. *Contact Tara*.

St. Gemma's Open Gardens

– Saturday 18th June

Open Gardens across Leeds

– June to August 2011



We are proud to launch our summer programme of open gardens by opening the Hospice's very own award winning gardens to the public on 18th June, between 10 am and 2 pm. Denis, the head gardener, will be on hand to show you round the gardens as they compete to retain their title as category winners. There will be a guest speaker, plant swap, gift stall, homemade cakes stall, plant sale and refreshments available on the day.

Throughout the rest of the summer there are several fantastic gardens that will be open to the public by supporters of the Hospice. There are gardens opening right across Leeds and the surrounding

areas, so don't miss out on this rare opportunity to visit some of them. For more details or to request a copy of our open gardens brochure, which features all of our gardens, please *contact Jenny*.

Father's Day Skydive – 19th June

There is no more exciting way to celebrate or remember your father than to take part in a sponsored tandem skydive. *Contact Hayley*.

September Skydive – 10th September



If you don't make it onto our Father's Day sponsored skydive, we have another date for you. Places are limited, so early booking is advised. *Contact Hayley*.

Great North Run – 18th September

St. Gemma's Hospice still has a few places left for this prestigious running event, which takes place between Gateshead and South Shields. To secure one of our few remaining places, *contact Hayley*.

10th Anniversary Winter Ball

– 26th November

Join us to celebrate the 10th anniversary of the Winter Ball under the sparkly ceiling of the LUFC Pavillion Suite. Fizz reception, a sumptuous three course meal, dancing to a live band and DJ playing requests until 2 am. £43 per head. Great for your staff Christmas party, entertaining clients or having fun with family and friends. *Contact Elizabeth*.

Sahara Trek – 6th – 13th October 2012

A group of St. Gemma's Hospice supporters are raising sponsorship money in order to embark on a trip of a lifetime: a trek across the Sahara Desert and the opportunity to help out at a hospice near Marrakech. For information on the itinerary and sponsorship requirements, *contact Hayley*.

Contact Numbers: (Area Code 0113)

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Jenny 218 5565

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Tara 218 5559

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Tracie 218 5296

tracieh@st-gemma.co.uk

General Fundraising enquiries

218 5555

www.st-gemma.co.uk

Walk in Their Shoes – 10th September

Take part in our 5 mile sponsored walk around the grounds of the beautiful Temple Newsam estate in Leeds. Walk in memory or in support of our patients or someone special to you. *Contact Fran*.

Corporate Connections

Lock Up YOUR Colleague!

Do you have a colleague who gets on your nerves with their quirky antics? Do you know anyone who wears clothes that should be brought to the attention of the Fashion Police, does crazy dancing at the office party or tells really bad jokes? Would you like to see them locked up for their 'crime'? Well look no further because Jail & Bail 2011 is here!

We are looking for 10 intrepid individuals who are up for a bit of fun to take part in our 3rd Jail & Bail event on October 21st 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 their 'crime'. Last year's 'crimes' included thinking bird-watching is an interesting hobby, having an annoying ring-tone and refusing to admit to being bald. Participants will be taken to the old Victorian cells and will need to raise £500 to secure their release. If you think one of your colleagues has what it takes to be one of this year's participants contact Elizabeth on 0113 218 5575 or email elizabethb@st-gemma.co.uk



A Red Hot Fundraising Success!

The temperature soared on a cold February evening when a brave team walked over fire to raise money for St. Gemma's. The scorching event was hosted by Roundhay legal firm, Winston Solicitors and 30 participants from 12 different businesses took part.

DJ Rich Williams from Radio Aire warmed up the 250 strong crowd and then the 30 participants, one by one, walked across 20 feet of wood embers burning at an incredible 1,236 degrees fahrenheit. Jonathan Winston of Winston Solicitors, one of the participants, said,

“ The Fire Walk has been a great way to support the Hospice while giving people the opportunity to have an inspirational experience. Knowing you've walked on fire gives you a boost that allows you to achieve anything.”

An amazing £12,000 was raised for the Hospice and our thanks go to Jonathan, Leonie the organiser and all the participants who made this possible.



Steve Cram, Jeff Stelling & Chris Kamara pose for a photo before getting their quiz sheets out

Questions of Sport Celebrity Quiz & Dinner

This is a great night of entertainment where teams of 10 show off their sporting knowledge in 6 rounds of sports questions, each round hosted by a celebrity from that sport. We are in the process of confirming the 2011 celebrities and celebrity host but in previous years Steve Cram, Bill Beaumont, Chris Kamara, Jeff Stelling, Simon Grayson, Kevin Sinfield, Gabby Logan, Peter Lorimer, Anthony McGrath, Adrian Moorhouse and Bob Champion have all taken part. The event will take place at LUFC on 13th October and guests will be treated to a drinks reception, three course dinner and then six rounds of quiz. The winning team receive the coveted trophy and a fabulous day out at a sporting event. Tables are for 10 people, cost £550 and are available from Elizabeth on 0113 218 5575 or elizabethb@st-gemma.co.uk

Such was the success of this event that the Hospice will be holding another Fire Walk in February 2012. If this sort of red hot opportunity fires you up, please contact Tracie Harrison on 0113 218 5296 or tracieh@st-gemma.co.uk for more details.



Sarah Nandra firewalking in support of St. Gemma's

Will-power

The Hospice has recently taken part in a Legacy Support Programme where we invited some supporters, volunteers and staff members to take part in focus groups and give their views on the marketing of gifts in Wills. The results of the Programme were fascinating and as a result new marketing material will be produced soon.

Gifts in Wills are very important to St. Gemma's Hospice. The cost of caring for one in five of our patients is covered by gifts left in Wills. Last year St. Gemma's received nearly £2 million from gifts left in Wills, ranging from £100 to £500,000. Whatever your gift, every penny helps.

If you would like to receive further information about gifts left in Wills please contact Donna on 0113 218 5506 or donnaw@st-gemma.co.uk.