

St. Gemma's Hospice, Leeds

newsletter

Quarterly for supporters of St. Gemma's Hospice – Winter 2006



Our Home from Home

by Slinder Gill and her children, Nirvair, Tript and Pavitar

We had always been aware of the work of St. Gemma's Hospice as it is such a well known charity in the community. But it was not until my husband, Gurmukh, was ill that we experienced and appreciated the wonderful work carried out by the Hospice team. St. Gemma's became a 'home from home' for me and my three children for several weeks and we will always be grateful for this.



Pictured from L to R: Gurmukh's father Tara, Tript, Slinder, Nirvair, Gurmukh and Pavitar

Gurmukh was diagnosed with cancer in 2002 and we were supported by a St. Gemma's community nurse for about two years. She visited our home and helped us through this very difficult time in our lives. Gurmukh spent a week in the Hospice as an in-patient early in 2004, and was then re-admitted later that year when he became more poorly. My children and I were apprehensive about what to expect. We wondered if we would be able to visit Gurmukh regularly, would we need to take some soft furnishings to brighten the place up, would I need to go shopping to ensure that his dietary needs were met? We need not have worried. Instead, we were welcomed into what felt like a beautiful family home, and St. Gemma's became our new home for the next few weeks.

It was important for us all to maintain as normal a family life as possible, and the Hospice team did everything they could to facilitate this. We had a bright, private room with five star facilities. Gurmukh helped the children with their homework and meals were prepared for us whenever we wanted. The food was fantastic. We stayed as late as we wished and I spent every night with Gurmukh. I wanted to be fully involved in his care and nothing was done without our approval. We are Sikh and we were always given privacy during prayer times which was done mainly by Gurmukh's dad and brother, Inderjit. This took us into the early

hours of the morning. I thought it was wonderful that the staff had researched our religion to understand it more, and they were respectful of this. One morning, Dr Stockton, one of the Hospice's consultants, came into our room and wished us congratulations for our festival. We were really touched by that. We felt the whole team worked together to ensure that our time at the Hospice was as normal as it could be. Sadly Gurmukh died in January 2005.

Almost two years later, my family and I receive continuing care from the Hospice. I attend the bereavement support sessions and find them really helpful. I have met lots of lovely people in the same situation as me. We decided to be part of the Hospice's Light up a Life appeal and we dedicated one of the lights on the Christmas trees adorning the Hospice grounds to Gurmukh. We also attended the special Light up a Life ceremony in early December 2005, almost a year since he had died and it was a truly special and touching experience for us. We felt close to him again and reflected and remembered him. As the carols were sung and the lights on the trees were lit, we felt a wave of support from the many people around us. It was a very emotional experience for us all but we will always want to be part of it in the future. It is a way for us to remember Gurmukh fondly, and take strength and comfort from others for the year ahead.'

LIGHT UP A LIFE 2006

St. Gemma's Hospice invites you to celebrate the memory of your loved ones, or honour someone special in your life, by supporting this year's Light up a Life Appeal. You can dedicate a light on our Christmas trees by using the form below or telephoning 0113 218 5555. For each donation we will send you a personalised dedication certificate for you to keep or to pass on to the person you have honoured. You will also be invited to join us for the candlelit carol service which takes place at the Hospice on Sunday 3rd December at 4 p.m. Your kind donation will allow us to continue caring for the hundreds of local people in need of our special care each year.

Your Name

Address

Postcode

Telephone

Number of lights you wish to sponsor

My Light is in memory of : (Please print clearly)

1

2

3

4

or My Light is a greeting to :

1

2

3

4

Number attending the ceremony

I enclose £ (cheques payable to St. Gemma's Hospice)

I wish to pay by: debit card issue no
credit card

Card number

Valid from / / Expires / /

Holder's name

Signature

Date / /

Add 28% to the value of your donation

Under the new 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 do is tick the box below. We will do the rest.

Yes please treat any donations I have made in the past 6 years, and all future donations I make, as Gift Aid.

You must pay an amount in income tax or capital gains tax at least equal to the tax the Hospice reclaims on your donation in the tax year.

Please send this form in an envelope marked Light up a Life to : St. Gemma's Hospice, FREEPOST NEA9320, Leeds, LS17 7YY

The St. Gemma's Hospice Newsletter is produced four times a year and is sent to over 22,000 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, e-mail paulines@st-gemma.co.uk or write to Pauline Storey, St. Gemma's Hospice, Freeport NEA 9320, Moortown, Leeds, LS17 7YY.

Seasons Greetings from all at St. Gemma's Hospice

AN INCREDIBLE JOURNEY

WOODLAND

If you are stuck for a Christmas gift idea for someone special this year, why not sponsor a tree in the Leeds Hospices Woodland which is situated on the Temple Newsam Estate. The site at Temple Newsam is the second woodland area and was opened earlier this year by the Lord Mayor of Leeds. Trees are planted from November to February each year and they not only generate much needed funds for St. Gemma's, but will also help reduce the effects of pollution, provide homes and food for wildlife and a place to visit with beautiful scenery for generations to come. It costs £25, so why not sponsor a tree as a gift for someone special at Christmas or dedicate a tree in remembrance of a loved one. For more information, please contact Gail on 0113 218 5570.

WE DID IT!

This year was the 25th anniversary of the Windermere Row and we set ourselves a very ambitious target of raising £70,000 from the event. The fabulous news is that our Rowers did not let us down and we have now reached this challenging target. Thanks to all our wonderful rowers who not only rowed 10 or 21 miles back in June, but also worked so hard in getting sponsored. We had some record breaking amounts of sponsorship money raised this year and here are the top 12 fundraising teams so far: ACORN Stairlifts, Ronnie Ledgard & St. Anthony's Clayton, Tony Minchella & Friends, Katie Hill & Friends, The Wrose Bull, Sad Silver Old Tarts, The St. Gemma's Dales Ward Nurses, Pogalls, The Originals, The Ducklings, The Day Family and The Highways Agency. The dates for next year's Row are 9th, 10th, 16th and 17th June. If you would like to take part or for more information please call Elizabeth on 0113 218 5575.

SPONSOR A BED

Whilst all our services are important, it is our vital in-patients beds, where patients receive the most intensive of care, that are the most costly. It costs £300 per day to fund each of our 32 beds and we are looking for individuals and companies who would like to sponsor a bed for a day at the Hospice. In return you will receive a framed certificate and your name or company name will be listed on our 'roll of honour' of those who have sponsored a bed, which will hang in the Hospice Reception for all our visitors to see during 2007. If you would like to sponsor a bed at St. Gemma's, please call Elizabeth on 0113 218 5575.



David Tinker in the Himalayas

In September, David Tinker took part in the trip of a lifetime. He trekked to the home of the Dalai Lama in memory of his father and raised over £5,000 for St. Gemma's Hospice. The expedition through the Himalayas, visiting India's exiled Tibetan community, hearing teachings given by the Dalai Lama and trekking through rhododendron and evergreen forests, Hindu settlements and Buddhist monasteries was an incredible challenge and an extraordinary journey for David.

"It really was the most amazing thing I have ever done, especially considering my pathological fear of flying, needles and heights! Not only were there physical challenges to face but I also came back having learnt a lot more about myself. I would encourage anyone to take part in something similar, it was just a remarkable and fantastic experience from beginning to end. I think the photograph sums the trip up entirely and I can only say that you have to see it and do it to believe it!"

If you would like to trek to the home of the Dalai Lama or would like to know more about other challenge trips that you can make in aid of St. Gemma's, contact Laura on 0113 218 5505 or visit www.st-gemma.co.uk.

LEGACY CAMPAIGN

The St. Gemma's 2006-7 legacy awareness campaign was launched in September. This year's campaign features two posters around the theme: "Every penny left to St. Gemma's in your Will makes a difference". One poster features a patient in one of our single rooms and the other features the patient in the garden. Both pictures contain examples of what small and larger gifts can achieve for us. The design work was carried out – free of charge – by Principles Agency. Posters will appear on buses and hoardings around Leeds, as well as in other public places. For more information about leaving a gift to St. Gemma's in your Will contact Graham on 0113 218 5506 or e-mail: grahamr@st-gemma.co.uk.



Every penny left to St. Gemma's in your Will makes a difference.



A Review of the Last Year

by Hospice Volunteer, Sheila Miller

'I am one of around 450 volunteers at St. Gemma's and am proud to work alongside the team to enhance the work of the Hospice. I work as part of the busy Chaplaincy team and we offer support to all patients, their relatives and carers, by responding to spiritual and religious needs according to their culture and beliefs and enable them to find meaning, strength and comfort.

During the year, I was pleased to be involved with our regular memorial services which have been very well attended. It is a privilege for me to be able to support and comfort people through a very difficult time in their life. The Chaplaincy team have continued to work closely with members of the diverse faith communities of Leeds to make sure our service is inclusive and accessible to all.

The founders of the Hospice, the Sisters of the Cross and Passion, have continued to support the development of Hospice care in Bosnia and I have been inspired to hear about the



progress made in the last year. It is great that St. Gemma's Hospice staff have been able to offer education which will allow the services in Sarajevo and Tuzla to develop further and become more autonomous. I feel very humbled by the work I do at St. Gemma's Hospice and hope that I,

Volunteer, Sheila Miller talks to a patient along with all our volunteers, do indeed make a difference to peoples' lives.'

Many thanks to Sheila and all our volunteers for making such a valuable contribution towards the work of St. Gemma's Hospice.

WINTER REFLECTION

Leonard Cohen in one of his songs called 'Anthem' has a verse:

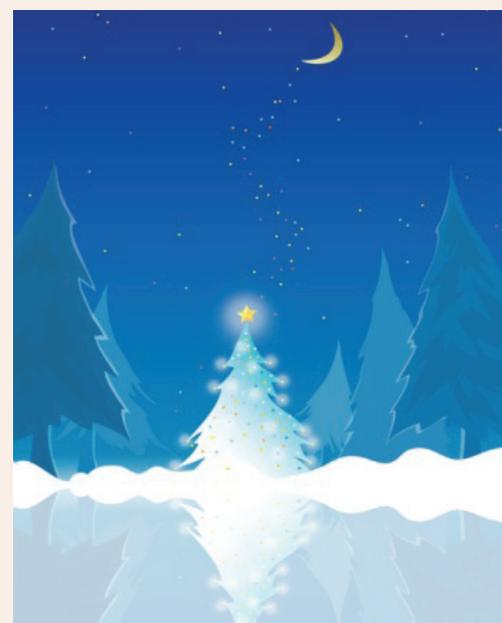
*'Ring the bells that still can ring,
Forget your perfect offering,
There is a crack, a crack in everything,
That's how the light gets in.'*

There are times when darkness is necessary. The seed in the earth must have darkness in order to grow and human beings are fashioned in the darkness of the womb. Only when it is dark can we appreciate the beauty of the night sky. Perhaps it is only when we have experienced darkness that we touch into those fragile places in ourselves where the cracks make space for the light to enter. Christmas celebrates the birth of a baby, a child of light, the Christ child who comes to dispel the darkness

and lead us into the way of peace. At St. Gemma's we are always mindful of those who feel fragile at this time of year because of the cracks caused by grief and loss at a time of heightened memory. We hope that the crack may also be a source of light and healing for all who have experienced loss.

Light is a theme that has deep meaning in all faiths as is shown in the festivals of Christmas, Hanukkah, Divali and Eid. Let us hope that as a local, national and world community we may journey towards the light and away from the darkness of war, racism, hatred, greed and allow the light, goodness and love we celebrate in all our different traditions to break through the cracks between peoples and light up a pathway of peace.

by Sr. Brigid Murphy C.P.



FESTIVE FUNDRAISING IDEAS

LETTERS TO SANTA

Did you know that Santa supports St. Gemma's? Send your Christmas letters to St. Gemma's and for a £5 donation we will forward them on to him at his secret hideaway in Lapland. Despite his hectic schedule, Santa will find time to reply to every letter and will send a small Christmas gift. Santa looks forward to hearing from you. Call Santa's Helper on 0113 218 5565!

BERTIE BEAR AND FRIENDS

Pubs, clubs and companies from across Leeds will be looking after cuddly Bertie the Bear for a short while until one lucky winner can guess his birthday and take him home for Christmas. Contact Louisa on 0113 218 5559 if your pub or club would like to look after Bertie for a while.

SHARE A CARD

Instead of sending Christmas cards this festive season, why not make a donation to the Hospice and share a card or email with friends, family or colleagues. Contact Louisa for a card or e-mail to share on 0113 218 5559.

DONATE AND DINE

Supported by celebrity chef Brian Turner, we are asking supporters to host a dinner party for your friends and raise money at the same time. For a free Donate & Dine pack, call Laura on 0113 218 5505.

ONLINE SHOPPING

For those who are not fans of gift shopping, you can do it all online and raise money for St. Gemma's at the same time. By visiting www.buy.at/stgemma you can shop from stores like Amazon, Marks & Spencers and John Lewis, to name a few. There are online bargains to be had and it won't cost you any extra to support the Hospice. A commission of what you spend in each online store will automatically be sent to us. For more details call Laura on 0113 218 5505.

VIRTUAL GIFTS

Can't think what to buy for the person who has everything? Why not choose a St. Gemma's Virtual Gift? From a Christmas dinner for a patient, to equipment for our Art Therapy Room and from nurse training to an



Celebrity Chef, Brian Turner

actual nurse, the gifts are all necessary for the Hospice to keep running. Simply choose a gift, buy it, and we will send you a gift card to pass on to the recipient. They will be thrilled that they have helped such a worthy cause. For a full list of gifts visit our website at www.st-gemma.co.uk or call Laura on 0113 218 5505 for a catalogue.

Our Heartfelt thanks go to the following who have organised or participated in events...

All who took part in the St. Gemma's Run, the staff at Roundhay Park, John Johnson, St. Theresa's AC, our Harewood Hikers, Halloween Walkers and Great North Runners, House at Brills, Suburban Style Bar, Hair at Brills, Pout and the Suburban Fashion Show models (pictured), the Crowne Plaza Hotel, Local AC, Tracey Harrison, Odessa Stoute, all involved in the Philipino Summer Disco at Harehills Conservative Club, Onstage's CityVarieties show, all the schools that took part in Wacky Hat Day and Mad Hair Day, the Two Pointers Pub, Corporate Hospitality Services, the Drainteam, Birstall Cricket Club, East End Park Working Men's Club and Adrienne's Dropouts, all the Elvis's at the Elvis Disco, Irwin Mitchell, Sulzer Pumps, Privilege Insurance, Sue Abbott and all at Argos Crown Point Retail Park for their Family Fun Day and everyone involved with Flag Day.

This year, the Moor Allerton Golf Day raised an amazing £13,000 for the Hospice. Thank you so much to Michael Sorkin for his continued support and for raising a record amount of money this year. Thanks also to all the golfers, hole sponsors and Moor Allerton Golf Club.



The Suburban Fashion Show models

FORTHCOMING EVENTS



CHRISTMAS RAFFLE

With this Newsletter you should have received tickets for our Christmas Raffle. We would be very grateful if you could buy them or sell them amongst your friends, family and workmates and who knows, you could be one of the lucky winners. Mrs Jackson, a winner in our last raffle said, "I have never won anything before so I was thrilled when St. Gemma's contacted me to tell me I had won 2nd prize in their raffle! We now own a fabulous mountain bike which my husband uses all the time. I'll certainly be trying my luck again." If you would prefer not to receive raffle tickets in future, please return them to us with your name and address. If you would like more tickets, please contact Laura.

THE GREAT BIG AUCTION – 24TH NOVEMBER

Join us at The Queen's Arms Pub, Chapel Allerton for our first Great Big Auction where all manner of interesting items will be up for sale. Our Auctioneer is star of BBC2's 'Extreme Dreams' Howard Lee who will be selling lots such as stays at fabulous venues, art, sporting activities, special edition items, signed sporting memorabilia, jewellery and some 'money can't buy' lots. There is something here for everyone and prices to suit all pockets. So come along, grab a bargain and even solve some of your Christmas present dilemmas. See our website for full details of lots and bid online if you are not able to attend on the night. Contact Laura for more details.

WINTER BALL – 25TH NOVEMBER

The annual Winter Ball will take place on 25th November. The evening will start with a champagne reception followed by a 3 course dinner and then dancing to the fabulous 'Mr Swing', a 13 piece live jazz/swing band who are sure to have everyone on the dance floor. We also have a DJ who will be playing requests until 2 a.m. Throughout the evening there will be fundraising games, some special, wintry themed entertainments, chocolate fountain, vodka luge and the chance to win some fabulous prizes. Tickets cost just £35 each and are available from Elizabeth.

CHRISTMAS MARKET – 1ST & 2ND DECEMBER

Come along to our annual Christmas Market for entertainment, warming winter food, the chance to visit Santa in his grotto, buy your real Christmas trees, Christmas gifts and have a whole host of festive fun! Open on Friday 1st December from 4 to 8 p.m and on Saturday 2nd December from 10 a.m to 3 p.m in the St. Gemma's Hospice Conference Centre on Harrogate Road, Moortown. For more details and to pre-order your Christmas tree call Laura.

LIGHT UP A LIFE – 3RD DECEMBER

Our candlelit remembrance ceremony takes place in the Hospice grounds at 4 p.m. You can sponsor a light in remembrance of a loved one or to honour someone special this Christmas. See front page or call 0113 218 5555.

SANTA DASH – 10TH DECEMBER



Get into the Christmas spirit early by taking part in our one-mile Santa Dash around Leeds City Centre. All you have to do is dress up as Santa and after the group Santa warm-up, complete the one mile route. We hope to have over 100 Santas for our finale photograph which all participants will receive as a souvenir. Santa suits supplied. To participate or for more details contact Gail.

ROUNDHAY FRIENDS QUIZ NIGHT – 20TH JANUARY 2007

The Roundhay Friends of St. Gemma's will host a Quiz Night at the Hospice Conference Centre from 7.30 p.m. Tickets are £5 each and include a buffet meal. Contact Louisa.

SPONSORED DOG WALK – SUNDAY 4TH FEBRUARY 2007

A fun family walk for you and your four legged friends around Golden Acre Park. Join us for this picturesque 4 mile walk and if you don't have a dog, borrow one! Contact Gail for further details.

JUMP FOR YOUR MUM – SUNDAY 18TH MARCH 2007

Take part in this special skydive in memory of your mum, in celebration of your mum, or jump with your mum on our Mother's Day Parachute Jump Day. St. Gemma's Hospice will be taking over the Bridlington airfield on Mother's Day so why not join in? By raising a minimum amount of sponsorship you will be able to jump from 10,000 feet for free. What better treat for your mum or what better way to remember her? Call Laura for details.

TEA AT TWO – 5TH DECEMBER / 2ND JANUARY / 6TH FEBRUARY

Join us for Tea at Two on the first Tuesday of the month and enjoy a selection of refreshments and a variety of stalls selling jewellery, greetings cards and bric-a-brac. Try your luck at New Year Bingo. Look out for more details at your next Tea at Two. From 2 to 4 p.m in the Hospice Conference Centre. Contact Anne for more details.

HEAD HUNTING

St. Gemma's Hospice are head hunting! If you are fed up with your hairstyle and want to try something a little shorter, then we are looking for volunteers to take part in a Sponsored Head Shave which will take place at the Crossgates Shopping Centre early in 2007. If you would like to take part, please contact Gail for further information.

IT'S A KNOCKOUT – 13TH MAY 2007

Remember 'It's A Knockout' on TV? Remember Stuart Hall's mad laugh and teams dressed in silly outfits fighting their way over foam covered inflatable obstacles? If so, you'll remember how funny it was and perhaps hoped that one day you would be able to take part in such an activity. Well now you can as St. Gemma's are putting together teams of 6-10 people to take part in the St. Gemma's Hospice It's A Knockout Day. We've teamed up with Fisher's International Knockout to produce an event where you can run over obstacles dressed in silly outfits, get covered in foam and water and battle the inflatables in some mad games. If your company, social club, pub, family or friends are interested in entering a team, contact Elizabeth.

CONTACT DETAILS:-

Elizabeth Baxter	0113 218 5575
Gail Jackson	0113 218 5570
Laura Robinson	0113 218 5505
Louisa Wood	0113 218 5559
Anne Malia	0113 218 5565

ST. GEMMA'S SHOPS MOVE UP THE CHARTS!

Our chain of charity shops had a boost recently when we saw that we'd moved up the Charity Shop Charts by 13 places! Each year, a Charity Finance Magazine survey shows the performance of all the charity shop organisations across the country – including all the big national chains, as well as smaller hospice operations like St. Gemma's. The survey covers all areas of information, then ranks the organisations by total profit – and this year we rose from 2005's position of 41st to a wonderful 28th place. We were also ranked 8th in increase in sales, after increasing our takings by a fabulous 20.5%. We can only achieve this success because of the ongoing support of all our donors and customers, and through the hard work of all our shops staff and volunteers. So – a big THANKYOU to everyone and here's to climbing further up the charts next year!

ILKLEY SHOP OPENS

St. Gemma's Hospice opened its 15th shop in September – this time in Ilkley. The shop specialises in books and music, and is quite different to the rest of our chain. Here customers can listen to music before they buy at our 'listening post' and surf the web or check out our latest items for sale on eBay via our free internet access. We have had a great start so far, with lots of volunteers and support from locals and tourists alike. We hope to integrate fully into the very healthy local literary scene as well as set up our own book group. We're at 24 Brook Street, so why not pop in for a browse next time you're in Ilkley?



Our new Ilkley Shop

Going for Gold

We were delighted to hear in September that St. Gemma's Hospice had won a prestigious Gold Award in our category of the Yorkshire in Bloom awards 2006.

The Yorkshire in Bloom judges visited the Hospice and inspected the gardens and grounds back in July and they were clearly impressed with what they saw. The judges reported, 'The gardens at St. Gemma's Hospice are an integral part of the Hospice philosophy, giving space for peacefulness, colour and interest for people at a stressful time. The abundance of colour, good design and high standards go a long way to achieving this and also provide a therapeutic hands-on experience to both patient and family. The standards of the gardens are a credit to the staff and volunteers involved.'

Our gardens were purposefully designed to provide an inspiring and uplifting haven for all to enjoy so we are especially proud that our efforts have been commended in this way. Thanks and well done to our gardeners, Denis and Reg and their committed team of hard-working, green fingered volunteers.



CHRISTMAS CARD ORDERS

We have received a fantastic response to the Christmas card brochure which you received with your Autumn edition. Thank you all very much for your support. However, a number of people have omitted to include their name and address on the order form. We have managed to contact most supporters but if your order takes longer than three weeks to arrive, please contact Sue on 0113 218 5555. If you would like a brochure then also contact Sue.

Alternatively, cards are available in our Charity Shops and in the on-site Hospice Gift Shop as well as on-line at www.st-gemma.co.uk. Buying charity cards directly from your favourite good cause ensures that a full 100% of the profits reaches the Hospice.

CORPORATE CHRISTMAS CARDS

It isn't too late to order your corporate cards for Christmas 2006. We can send you a brochure or you can view the range on line at

www.kingsmeadcards.co.uk/stgemmas

If you would like something a little different try

www.snapperdesigns.com

Please choose St. Gemma's as your favoured Charity and we will receive a donation for every card purchased.

DO YOU PAY TAX?

Would you like to have a say in who benefits from it?

If your answer to this is "yes", and you would like to help St. Gemma's Hospice and enable us to turn your gifts into even bigger pots of gold by claiming back the tax you've already paid, please ring 0113 218 5555 and ask for a FREEPOST Gift Aid declaration.

If you have any questions about Gift Aid, please contact Graham on 0113 218 5506.

LIGHT UP A LIFE BOOK OF REMEMBRANCE

This year there will be the opportunity for you to write a message in a special Light up a Life Book of Remembrance.

The book will be available at the service on Sunday 3rd December and then throughout the twelve days of Christmas in the Hospice Chapel. You may simply wish to record your loved one's name.

We will then keep the Book of Remembrance for Light up a Life 2006 in the Chapel at St. Gemma's until Friday 30th November 2007.