

Winter 2009



St. Gemma's Hospice, Leeds

# newsletter



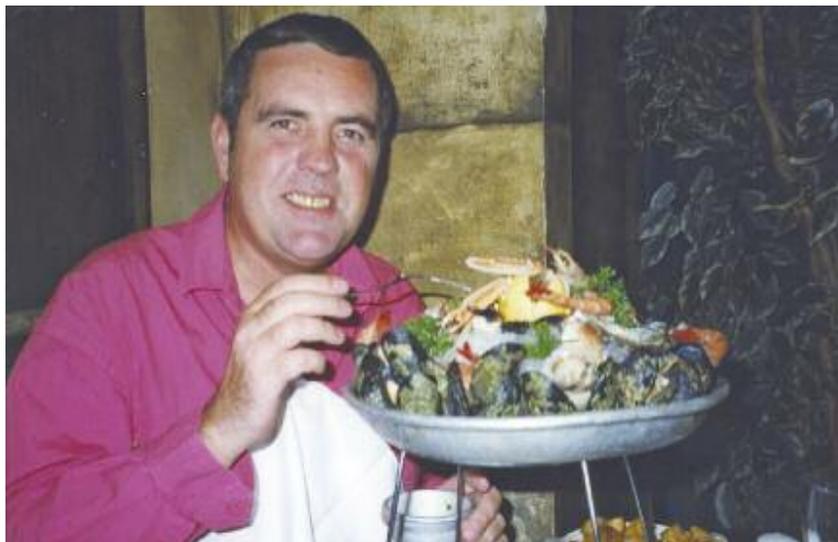
## Kairen and Dean's Story

**It was a long and difficult journey that took us to St. Gemma's. My husband Dean was diagnosed with MS at the end of 1996 aged just 39. It started on his brain and had an almost immediate impact on his cognitive functions.**

The last three years were particularly cruel when he lost the ability to do anything for himself. Dean was an absolute Man in a Million and watching someone so fit, practical, strong and intelligent deteriorate before your eyes was at times too hard to bear. He was immensely brave, he never complained and never lost the sparkle in his eyes!

Dean had 'end stage' MS when he was admitted to St. Gemma's in the summer of 2007, with a prognosis of around six weeks to live. Through the care and attention provided by the staff, he stabilised – and was back home after nine weeks. Inevitably, he developed an infection that he was not able to fight, and he spent his final three days back at the Hospice. I thank God that we were able to get Dean back to St. Gemma's.

It is impossible to articulate the love and care we both received during the time we spent at the Hospice – one press of the buzzer in his room and within seconds it was as though he was the only patient in the Hospice. Never was there the slightest edge or sign of irritation. Dean's position was changed several times each day and through the night, he was washed down and changed as many times as was required, his medication and meal times were never delayed – and, very importantly, all of these essential activities were made to be a social occasion for Dean – and he loved it. *Continued overleaf*



### LIGHT UP A LIFE 2009

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. 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 a candlelit carol service. Your kind donation will allow us to continue caring for the hundreds of local people in need of our special care each year.

Your title

Your name

Address

Postcode

Phone

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 at the Hospice   
(Sunday, 6th December at 4pm)

Number attending the ceremony at the Immaculate Heart   
(Thursday, 17th December at 6.30pm)

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

*Continued from front page*

It wasn't just the level of practical care that amazed me, the team often go far above and beyond the call of duty. For Dean and I, a special ceremony was arranged for us to celebrate our 23rd wedding anniversary in the Hospice chapel. This was such a memorable occasion at which family and friends joined us and we lit candles in celebration of our wonderful marriage.

I miss Dean terribly and his loss is a million times worse than I could ever have imagined – but I feel very close to the Hospice. Dean's leaf hangs on the memory tree every November and I love to visit the garden to see his name on the Wall of Light. Last year I dedicated a light on the Christmas tree to Dean and also one to the magnificent staff who cared for him. I attended the 'switch on' ceremony, Light Up a Life, and although there were hundreds of people in the Hospice grounds that afternoon, for me it was just Dean and I. I felt overwhelmed by emotion as the lights on the tree were lit, the candles flickering and the choir singing so beautifully. When the ceremony was over I realised that I was surrounded by people, many in a similar position to me, there to celebrate a life of someone they loved. I will be at the event this year, just Dean and I!



**If you would like to sponsor a light on the St. Gemma's Christmas trees, complete the form on the front cover and send it to us at the address given. Or visit [www.st-gemma.co.uk](http://www.st-gemma.co.uk) or call 0113 218 5555.**

*We will also be holding a ticket only indoor ceremony on Thursday 17th December at 6.30 pm at the Immaculate Heart Church, Harrogate Road, Leeds. Please mark on the form should you wish to attend this service.*

## Golden Gardens



**We are very pleased to announce that once again St. Gemma's Hospice has won the Gold Award at the Yorkshire in Bloom Awards 2009.**

The judges were impressed with the 'peaceful atmosphere' within the gardens and thought all areas were well planted and cared for. They commented that 'colourful bedding in the enclosed gardens is outstanding.'

Our gardening team do a great job all year round keeping the grounds looking wonderful for our patients and visitors. The team will be working hard as usual this winter and we look forward to welcoming the judges back in 2010! Well done everyone.

## Dear Supporter

**This time last year we were wondering what the future might hold for St. Gemma's as recession began to grip the country.**

Thankfully income to the Hospice has not been as badly affected as we initially feared and you have carried on with your support despite these difficult times. Some income streams have not done as well as we hoped but thankfully we have not had to make any cuts to the services that the Hospice provides.

Given the financial pressures that all hospices face we are urging whichever Party is at the helm next year to ensure that some of the money given to the primary care trusts to improve end of life care reaches local hospices like St. Gemma's. In the meantime thank you for your continued support.

*Helen Kemp, Director of Finance*

St. Gemma's 'Annual Review' booklet is now available if you would like to find out what has happened at St. Gemma's in the past year. If you would like a copy, free of charge, please contact Sue on 0113 218 5555 or email [suel@st-gemma.co.uk](mailto:suel@st-gemma.co.uk).

## News from Clinical Audit

The post of Clinical Audit Facilitator was new to the Hospice in January. Since that time considerable work has taken place by all staff to reinvigorate the audit process. There has been much success providing assurance to patients, staff and other professionals that St. Gemma's provides high quality care.

For example, infection control audits demonstrated good compliance with handwashing and an excellent standard of cleanliness in the patient areas. Medicines audit demonstrated safe practice by all those involved – a very high standard was achieved. An extensive audit of our documentation processes is currently taking place ensuring that our communication to everyone involved in the patient's care is of the best quality.

Using the latest medical information available we continually review our practice and recent audits



have explored the management of diabetes and the use of steroids for our patients.

The multidisciplinary Clinical Audit Group steers the audit programme ensuring quality standards, innovation and continued development with contributions to audit both locally and nationally.

If you would like to know more please contact our Clinical Audit Facilitator, Edwina Gerry on 0113 218 5500.

# Christine Brown – A Patient’s Story



*Christine, her husband John (centre) with Angela and Lee from the Hospitality Team*

**When Christine Brown was told that she was being referred to St. Gemma’s Hospice, she was scared. She thought that meant she was soon going to die and she and her husband, John, made some quick phone calls to friends and family to tell them to visit soon. But four weeks later, Christine’s impression of St. Gemma’s Hospice is very different and she told us how the team have given her the support and strength to go home.**

“I arrived at St. Gemma’s Hospice with lots of anxieties. My perception of what the building, environment and care would be like could not have been further from the reality. I was welcomed onto the Dales Ward and was immediately taken back by the warmth and compassion of the team around me. From the medics to the nurses, from the physio (who helped me to walk again) to the housekeepers, they cared for my every need. I felt so unwell on my admission and had not eaten properly for days. But once the nursing and medical teams had worked their wonders and sorted out my symptoms, the dietitian, catering and hospitality team could concentrate on building me up so I could go home. They did everything they could to help create a new diet for me. Nothing was too much trouble. They made me whatever I wanted and gave alternatives until they found something for me to really enjoy. I have just eaten the most delicious haddock and mash and enjoyed every mouthful.

It is a great team effort at St. Gemma’s Hospice and you can see how the staff in all areas work together to provide such an individual and exceptional service. From a medical and nursing point of view, the team has made me feel better as far as they can and for that I will always be grateful. But I feel I owe special thanks to the catering and hospitality teams who have made such an impact on me. Angela, who manages the Hospitality service should be very proud of her team. Lee, and the other Hospitality Assistants who work on the Dales Ward and everyone else really did cater for me and my family and visitors in such a caring and considerate way. They have given me my life back and have sent me home to enjoy what is left of it.”

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.



## Memorial Services

**Every year we offer memorial services to people near the first anniversary of a patient’s death.**

Invitations are sent to the next-of-kin of everyone who died during the corresponding two month period a year earlier. Usually 4 – 6 members of the deceased person’s family and/or friends attend.

We now hold six services during the year in the Conference Centre at the Hospice. It gives people an opportunity to mark the anniversary and for many is another step in their grief journey.

The service is a simple one focused on remembering, during which there are some short reflections, the names of those being remembered are read out and families receive a symbol of life. At present we give each family a potted flower. For many of those attending, the memories will still be painful but it is a chance to return to St. Gemma’s and share memories and grief with others who have suffered a similar loss.

Members of the chaplaincy team and bereavement volunteers attend, in order to give support on the day and offer any further support that people might need. Refreshments are offered at the end of the service and those attending are given a chance to talk and share memories, look at names in the Memorial Book, and visit the Tree of Life.

On average, the families of 25 people attend with usually around 150 people participating. The feedback we always get is that families and friends find this a helpful service and a time to cherish memories while being allowed to grieve. Grief follows no rules or timetables and for many of us it is a lifetime’s journey. This service is not just a memorial on an anniversary but an important step in trying to deal with pain and loss in a hopeful way.

If you would like more information about the Memorial Services at St. Gemma’s Hospice, please contact Tom Keating, Director of Spiritual Care and Social Work, on 0113 218 5500.

# In Loving Memory

People cope with grief in different ways and often St. Gemma's is approached by individuals who want to raise money for the Hospice in memory of a loved one and focus their attention on doing something positive. Sometimes supporters have very specific ideas about what they want to do or they may ask for suggestions on how they can fundraise on our behalf. Here we highlight some of the things that people have undertaken in memory of someone special in the last year.

## Gabrielle's story

Gabrielle Taylor's mother, Stephanie, sadly died at the premature age of 55 and Gabrielle, along with her sister Alexa, wanted to do something to recognise all the support St. Gemma's gave to their Mum and all their family. Gabrielle, Alexa and Sue, Stephanie's best friend, decided to hold a Ball in memory of Stephanie on the first anniversary of her death.

They worked with St. Gemma's who helped with finding a venue and raffle prizes and the event turned out to be an amazing evening. All the family and friends of Stephanie were reunited to celebrate her life and they raised over £6,000, which is an incredible achievement. All guests paid a ticket fee which covered the cost of the meal and also included a donation to St. Gemma's. The hotel in Leeds did not charge a hire fee as the event was booked under a charity package. Gabrielle said,

“People were more than happy to buy their ticket. The ticket cost included a glass of champagne on arrival, a meal with wine on the table and an evening of entertainment, so people don't mind paying that much for an entire Saturday night, especially as the money was going to charity. The main raffle prizes were donated by friends, family and so on. We were amazed by the generosity we received.

We would definitely do this event again. Not only did everyone have a wonderful evening, we raised a lot of money for St. Gemma's and it allowed people to remember my mum in a happy, celebratory way. It was a great way for me to deal with the loss of my Mum. It kept my mind occupied and made a positive experience come out of a very sad time for me and my family.”



*Gabrielle Taylor and her mum, Stephanie*



*Nicola takes to the skies in memory of her Auntie*

## Nicola's story

“20 years ago, my wonderful Auntie Diane died of breast cancer at the age of 38. It was devastating for my whole family. She was young, brave and beautiful and before she died she told me to live my life to the full and enjoy every minute because you don't know what is round the corner. I remember her telling me, 'I'm your guardian angel and I'll always take care of you.'

This year, I turned 38 myself and have thought about my Auntie a lot. It felt like the right time to challenge myself to do something positive in her memory, whilst supporting St. Gemma's Hospice, a charity that cares for and supports people like my Auntie 24 hours a day, 365 days a year. So this summer, along with my colleague, Tracy, I signed up to do a sponsored tandem Skydive!

Most of my friends and family thought I was mad. They gave generously and were grateful that it wasn't them jumping



## Simon's story

“My brother, Paul, was cared for by St. Gemma's Hospice until he sadly died last January. He was mainly cared for at home by one of the St. Gemma's Community Nurse Specialists, and we were so grateful for their compassion and support during such a stressful time for everyone around him.

After Paul's death, the family were in turmoil and we struggled to find meaning or purpose. We found it difficult to talk to each other about our grief but we felt we owed it to Paul to share happy memories with each other. I found it difficult to visit the Hospice as it brought back memories. But one day I stopped by to make my usual monthly donation in memory of Paul and was told about the Tree of Life. This is a beautiful copper tree in a peaceful courtyard in the Hospice grounds and you can sponsor a copper leaf and have it inscribed with the details of your loved one. I thought this was a lovely idea, as did my family, so we decided to have a leaf to celebrate Paul's life.

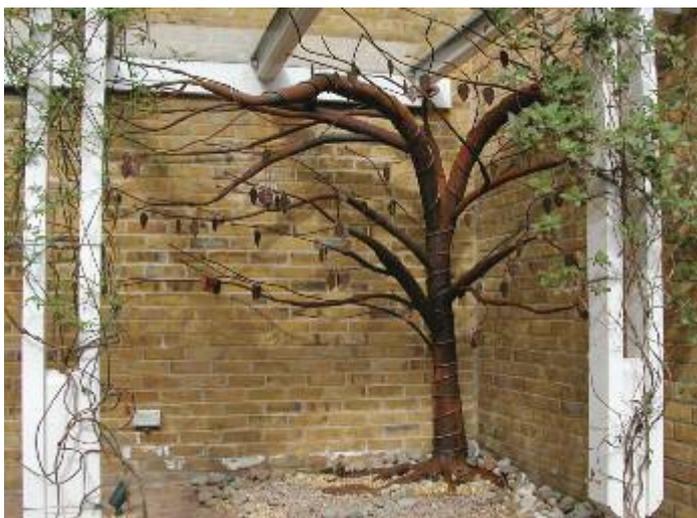
The Hospice also has a Wall of Light, a similar memorial feature but this time with glass bricks, each commemorating the life of someone special. We are planning on sponsoring a brick to celebrate Paul's birthday next summer.

This is just the start for us. We have certainly found comfort from being part of these initiatives in memory of Paul and we will no doubt be looking at other ways we can keep his memory alive.”

**If you would like more information about how you can remember your loved one, please contact the Fundraising Department on 0113 218 5555 or e-mail: [fundraising@st-gemma.co.uk](mailto:fundraising@st-gemma.co.uk)**



*The Wall of Light*



*The Tree of Life*

from a plane at 10,000 feet! I was nervous on the day but mainly excited. I tucked a photo of my Auntie into my pocket for moral support. The journey in the plane up and up into the clouds was a nail-biting experience but when the time came to jump I was calm and ready for the challenge. The freefall, the part where you fall to earth at 120mph before the parachute opens was exhilarating and felt as if my Auntie was flying with me, spurring me on! I landed safely and softly on the ground below, and I'm delighted that I chose to take part in such an amazing event. If anyone reading this has ever been tempted to take part in a parachute jump, I would urge you to do it. It is definitely an experience of a lifetime and I know that my Auntie would have been really proud of me.

Tracy and I have collectively raised over £2,000 towards the work of St. Gemma's Hospice and we'd like to thank everyone who contributed.”

Help give terminally ill patients  
a better quality of life?  
That's the last thing I'll do.

Please leave a gift to St. Gemma's in your Will.



## Get Involved this Christmas

There are lots of different ways that your school, pub, sports club, or formal group can support St. Gemma's this Christmas. Instead of buying Christmas cards why not take one of our free, big cards to put on your notice board? Everyone can make a donation and add their Christmas message. As an alternative, let us take the stress out of Christmas with our mobile wrapping service! For a donation, our 'Big Wrap' team come and do it for you. Could you help to sell some of our sale or return Christmas Beanie Characters, flashing novelties or gifts for £1.00 each? All items are delivered to your door and come with a poster and prepaid envelope to return any money raised. Finally, order one of our free special Christmas hampers to raffle off to colleagues, customers or friends. Please **contact Donna** for further information about any of the above or if you would like help to organise your own Christmas event!

## Virtual Gifts

Are you struggling to think of what to buy people this Christmas? Then why not purchase a Virtual Gift in lieu of or to accompany a present for someone this year? We have a range of fabulous Virtual Gifts available for you to buy in a range of prices to suit you. By purchasing a 'Virtual Gift' for a friend or relative this year in lieu of sending them a present you will bring relief, comfort and joy to our patients. You will receive a card to forward onto the recipient of your 'Virtual Gift' so that they are aware of what a fabulous present you have purchased on their behalf. **Contact Fran** for a full catalogue or visit [www.st-gemma.co.uk](http://www.st-gemma.co.uk) for a complete list and to order online.

## Christmas Lights

Does your house give the Blackpool illuminations a run for their money at Christmas time? Do you and your neighbours compete for the most festive fascia? Then this year why not encourage onlookers to support St. Gemma's Hospice by making a small donation to enjoy your display? **Contact Anne**.

# Forthcoming Events

### Festive Gifts and Crafts

– Thursday 12 November

Be one of the first to preview our Gift Shop's new Christmas gift range and learn Christmas crafts. From 6pm to 9pm, tickets are priced at £7.50 and include a goody bag, nibbles and entry to a free prize draw. **Contact Fran**.

### Christmas Gift Sale

Thursday 12 November : 6 pm to 9 pm

–Festive Gifts & Crafts (ticket only)

Friday 13 November : 10 am to 6.30 pm

Saturday 14 November : 10 am to 4 pm

Sunday 15 November : 11 am to 4 pm

Don't miss our fabulous three day Christmas Gift Sale to be held at the Hospice Conference Centre on Harrogate Road, Moortown, Leeds.

The sale has a huge range of new goods including Christmas decorations, cards, jewellery and gift ideas for all the family – all gorgeous products at our famously low prices. Free car parking and refreshments will be available. All major credit cards are accepted. **Contact Sarah**.

### Chino Latino Gala Dinner

– Thursday 19 November



If you enjoy a mix of south-east Asian, Thai and modern Japanese cuisines then why not come to an exclusive charity evening at this popular Leeds restaurant. Tickets cost £30 and include canapés, a ½ bottle of wine, three course meal and entertainment. **Contact Donna**.

### Quiz Night – Friday 20 November

The Roundhay Friends of St. Gemma's and Quiz master Terry Burns are hosting a quiz night at the Hospice from 7.30pm until late. Tickets cost £7.00 per person which includes a finger buffet. **Contact Donna**.

### LK Bennett Preview Evening

– Thursday 26 November

This is an exclusive ladies event to be held at the L.K.Bennett Store in Leeds' Victoria Quarter from 6.30 pm to 8.30 pm. Tickets cost £8. **Contact Donna**.

### Christmas Market

– Friday 4 & Saturday 5 December

Join us at the Hospice for our annual Christmas Market where you can enjoy the perfect festive weekend. We have hundreds of gift ideas and wonderful homewares to get your home looking perfect this Christmas. Enjoy live entertainment, whilst sipping a glass of mulled wine and try our delicious warming winter food. There will also be

lots of fun for the children with games and prizes as well as the chance to meet Santa in his gorgeous grotto. Buy your Christmas tree from us this year and instead of your money going to a retailer, it will help us take care of our patients. We sell real Nordman non-drop trees in a variety of sizes. Open 3pm to 8pm on Friday and 10am to 3pm on Saturday. **Contact Fran**.

### Festive Bingo – Thursday 10 December

Join us for a mince pie and a festive game of bingo from 7.30pm at St. Gemma's Conference Centre where great prizes can be won. **Contact Anne**.

### Christmas Cracker – Saturday 12 December



There will be a 'Christmas Cracker' of a party at Pool Village Memorial Hall from 7pm until late. Entertainment will be provided by Caroline Fields, Billy Bedlam and Guy Holloway. Tickets cost £12 for adults and £8 for children and include a Fish Supper kindly provided by Maypole Fisheries! **Contact Donna**.

### Sponsored Santa Dash

– Saturday 12 & Sunday 13 December

Join us for our fun festive runs – a 5k timed and measured run through Leeds' Hyde Park on Saturday or a one mile fun run through the city centre on Sunday – but make sure you're dressed as Santa! Entry is £12.50 for adults (including a suit), £8 for adults who already have their own suit and £5 for children who are asked to come in their own festive fancy dress. The event is kindly supported by Little Tokyo, Real Radio and Leeds University Sports and Physical Activity Department. **Contact Laura**.



## Coming up in 2010

### Swim the Channel Challenge 2010

Start the new year with a new challenge and swim the distance between Dover & Calais in your local swimming pool. Take up our swim the channel challenge and swim 1352 lengths within 12 weeks. For more information and a challenge pack [contact Laura](#).

### An Evening with Jimmy Cricket – Saturday 20 February

The comedian plays in Leeds for one night only at Leeds Civic Hall. For tickets please [contact Laura](#).

### Apres Ski – 26 February 2010

Join us for our après ski event at the Ski Lodge Bar at Oceana in Leeds city centre; perfect for those who love the slopes and Apres Ski activities! This seasonal sensation will feature live music, fun games, great drinks and fabulous food. Tickets cost £22 and include queue jumping passes, private entry to the VIP room, a glass of bubbly on arrival and warming winter food! [Contact Fran](#).

### Questions of Sport Celebrity Quiz and Dinner – Thursday 4 March 2010

The event, held at LUFC, will be hosted by a legendary sporting celebrity along with 6 other sporting heroes. 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. Guests will be treated to a drinks reception, 3 course meal and then 6 rounds of quiz plus a picture round and 'what happened next' competition. The winning team receive the coveted trophy and a fabulous day out at a sporting event. [Contact Elizabeth](#).

### Jump for your Mum – 6 March 2010

Join us for our parachute day in Brigg where you can jump with your mum, for your mum, in memory of

your mum or even just because you're a mum! It's an amazing day of adrenalin-packed fun and you will be sure to go home wanting to do it again. We have booked twenty places just for St. Gemma's supporters on this day. [Contact Fran](#).

### Crossgates Support Group Ladies Event – Monday 8 March

Treat yourself to an evening of chocolate indulgence at Thorpe Park Hotel. There will be treats to try and buy and an exciting demonstration from master chocolatier Thierry Du Mouchel! [Contact Donna](#).

### Big Ceilidh – Wednesday 17 March

Held on St. Patrick's Day at the Hospice Conference Centre from 7pm, tickets cost £10 and include a buffet, music and full dance instruction from traditional Leeds based group, The Assumption Ceilidh Band. [Contact Donna](#).

### Bark in the Park – date TBC



What better reason to get up on a cold Sunday morning than to walk the dog in aid of St. Gemma's Hospice? Once again we invite you and your pooch to join us at Golden Acre Park for a scenic walk. This year we will be introducing a longer walk taking in Eccup for those hungrier hounds and for the smaller legs there will be a choice of a one mile and three mile route around the picturesque park. Entrance is free all we ask is that you raise as much sponsorship as possible. Certificate and goodie bag for every canine competitor. [Contact Anne](#).

### Virgin London Marathon 2010

#### – Sunday 25 April

Have you got a place in the Virgin London Marathon? If so, you could use it to support St. Gemma's Hospice. We are looking for people to join our team in one of the world's most popular marathons. Or, if you were unsuccessful in the ballot, why not complete the Edinburgh Marathon for us or take one of our entry places for the BUPA Great North Run 2010? [Contact Laura](#).

### Windermere Row

#### – 5, 6 and 12 or 13 June 2010

Boats are for teams of 2, 4, 6, 7 and 8 rowers and you can row on any of the above dates, subject to availability. Great for a fabulous day out in the Lake District with family, friends or work colleagues. For details [contact Elizabeth](#).



Steven and his rowing team like to dress up

## Indoor Car Boot Sales

Calling all bargain hunters! Our very popular Indoor Car Boot Sales will be back in 2010 between 10am and 1pm in the Hospice Conference Centre. If you fancy having a go at running your own stall, visit [www.st-gemma.co.uk](http://www.st-gemma.co.uk) to book your table or [contact Anne](#).

The dates for 2010 sales are: 6 February, 6 March, 1 May, 5 June, 4 September, 2 October and 6 November.

### Contact Numbers: (Area Code 0113)

Anne	218 5565 or <a href="mailto:annem@st-gemma.co.uk">annem@st-gemma.co.uk</a>
Donna	218 5559 or <a href="mailto:donnaw@st-gemma.co.uk">donnaw@st-gemma.co.uk</a>
Fran	218 5505 or <a href="mailto:francines@st-gemma.co.uk">francines@st-gemma.co.uk</a>
Laura	218 5570 or <a href="mailto:laurar@st-gemma.co.uk">laurar@st-gemma.co.uk</a>
Elizabeth	218 5575 or <a href="mailto:elizabethb@st-gemma.co.uk">elizabethb@st-gemma.co.uk</a>
Sarah	218 5576 or <a href="mailto:sarahc@st-gemma.co.uk">sarahc@st-gemma.co.uk</a>

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

# Strictly Learn Dancing

FOR ST. GEMMA'S HOSPICE

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 to raise money for St. Gemma's Hospice

If you would like to put on your dancing shoes please contact Donna in Fundraising on 0113 2185559 or email [donnaw@st-gemma.co.uk](mailto:donnaw@st-gemma.co.uk)

## Corporate Connections



### Could your company give St. Gemma's a Special Christmas Present?

Whilst all our patient services are important, it is our vital in-patient beds where people who are terminally ill receive the most intensive of care, 24 hours a day, 365 days a year. Our In-Patient Unit has 32 beds and care is provided round the clock by a dedicated team of consultants, doctors and nurses. All rooms overlook our award winning gardens and provide light and attractive surroundings. All patients have specialised profiling beds and other specialist equipment for those who need it and care is tailored to the individual needs of each patient, in a 'home from home' environment.

It costs £375 to provide a day of care for an in-patient which pays for the doctors, nurses, medication, food, laundry and everything that a patient needs on a daily basis. Would your company like to sponsor a day of care at the Hospice at a cost of £375 or a weekend of care at £750? In return for your sponsorship you would receive:-

- ♣ a framed certificate for you to keep and display in your reception or staff area
- ♣ your company name on our roll of honour of sponsors which will hang during 2010 at the entrance to both our wards in the In-Patient Unit
- ♣ your company name will be featured on our reception board on the day/weekend that you have sponsored
- ♣ your company name on the roll of honour featured in our quarterly newsletter which is sent to over 31,000 local people and companies

If you and your colleagues are interested in this initiative, you may like to undertake some fundraising within your company and we have a list of all sorts of fundraising activities which you may like to organise. To receive this list or for more information about the 365 Days of Care initiative, please contact Elizabeth on 0113 218 5575 or at [elizabethb@st-gemma.co.uk](mailto:elizabethb@st-gemma.co.uk).

## Win a year of treats in our Christmas Raffle!

With this newsletter you may have received a book of raffle tickets for our big Christmas raffle. We would be really grateful if you could buy the tickets or sell them on to friends, family or work colleagues for us. The 12 prizes up for grabs are all a year's worth of something so you can get 2010 off to a fantastic start.

### 1st Prize

#### A year of beautiful homes

£1,000 furniture vouchers and a subscription to Ideal Home magazine  
Kindly donated by  
Christopher Pratts Fine Furnishings, Leeds  
Visit [www.cpratts.co.uk](http://www.cpratts.co.uk) to see what you can choose from!



Or choose from one of the following:

#### A year of tea

Courtesy of Bettys  
& Taylors of Yorkshire



#### A year of jams and chutneys

Kindly donated by Perfectly Preserved

#### A year of curries

#### A year of fish and chips

Kindly donated by Skyliner

#### A year of wine

#### A year of pub meals

Kindly donated by  
Roundhay Hungry Horse

#### A year of flowers

#### A year of golf



#### A year of dry cleaning

Kindly donated by Classic Cleaners

#### A year of chocolate

#### A year of haircuts

Kindly donated by  
The Hair Station, Slaid Hill, LS17

## Leeds Midnight Walk 2010

The date is set for the 2010 Leeds Midnight Walk and from 1st December 2009 you will be able to register online! Our popular ladies only 6 mile or 12 mile walk around North Leeds, which starts at midnight, will take place on Saturday 15th May 2010.

To see how the ladies got on this year visit [www.leedsmidnightwalk.co.uk](http://www.leedsmidnightwalk.co.uk) to watch a short film about the night. You can register your interest to take part now, but check the website for registration to go live!



*Compliments of the Season  
to all our readers*

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