

Gratitude

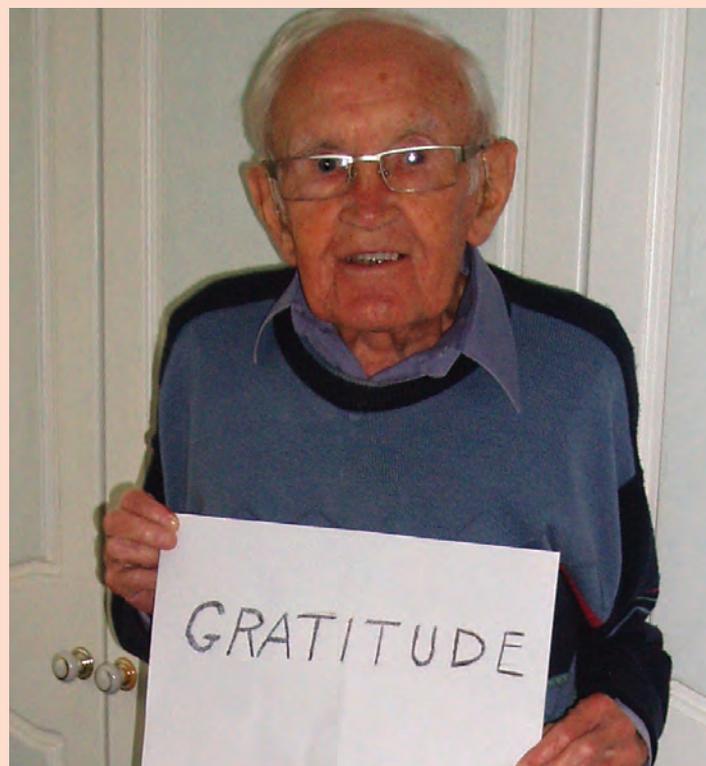
In the autumn, St. Gemma's joined forces with hospices across the UK to launch the first ever Hospice Care Week. From 8-14 October we worked together to raise awareness of hospice care and address some of the misconceptions that people may have about our work.

We asked patients, supporters, volunteers, staff and members of the local community to tell us the word that best sums up hospice care to them. Thank you to everyone who wore their word on a sticker, tweeted us, left us a message on facebook or e-mailed through a photo of them holding their word.

The first photo that we received was from long standing supporter and now St. Gemma's patient, Geoff Hall. He told us:

“When I was involved with St. Gemma's many years ago, as part of the organising committee which started up the St. Gemma's Art Exhibition, I always knew what an important part the Hospice played in the community. A few years later, I was referred to St. Gemma's as a patient and have experienced at first-hand how excellent the service is that they provide. I have been a patient in the Day Hospice over the last three years and have particularly enjoyed doing mosaics in the art room. I also had a week as an In-Patient in the spring and they really sorted out all my aches and pains. I now visit the Hospice as an Out-Patient once a month for an infusion, which makes a big difference. Not only have you helped and cared for me, but you've also helped my wife. She benefits from the rest

when I'm in the care of the Hospice and she knows I'm in good hands so she doesn't need to worry. My word for you is 'gratitude' – I really am grateful to the whole St. Gemma's team for how they have helped me through my illness. Geoff Hall. ”



Geoff Hall



Celebrities at our Questions of Sport event told us what Hospice care means to them. From left: Leeds United stars, Davide Somma and Ben Parker, Bob Champion, Tanya Arnold, Eddie Gray, Alec Stewart and Richard Mathers

See inside for details
of Light up a Life 2011



SystemOne at St. Gemma's

SystemOne is a clinical computer system used by healthcare professionals in the UK. The Strategic Health Authority is supporting the use of SystemOne across the Yorkshire and Humber Region. We have had SystemOne for over a year in the Hospice allowing us to move towards a fully integrated electronic patient record. We are now able to share information with other healthcare professionals in a secure and timely way.

What are the benefits of SystemOne to patients and staff?

- **Improved care** – immediate access to up to date information about patients under our care.
- **Joined up working** – District nurses, Local Care Direct - out of hours team, over 60% General Practitioners, all hospices in West Yorkshire use SystemOne. This allows information, with the patients' consent, to be shared and gives practitioners access to the right information at the right time allowing them to provide the right care.
- **Improved security** – all access to records is monitored using smart cards, ensuring records are accessed only by those who need to know the information.
- **Minimising risk of data loss** – information is all in one place preventing any misfiling or loss.
- **Able to tell others what we do** – we are now able to monitor the care we provide much more closely, which helps us evaluate our current services and plan for the future.

The electronic patient record has improved patient safety and working practices and will continue to develop over the coming months and years to incorporate electronic prescribing and will link with a Leeds wide Palliative Care Register to ensure patients at end of life receive the appropriate care.
Edwina Gerry, Clinical Audit Facilitator

'Wow' factor gardens

We are delighted to report that once again St. Gemma's gardens have won a Gold Award at the Yorkshire in Bloom Awards 2011. The judges commented:

“The 'Wow' factor hits you the moment you walk through the doors into the gardens. The fantastic use of water and plants within this complex are a credit to the gardeners and volunteers. These superb gardens really look like they would play a significant part improving the quality of life of the patients at St. Gemma's.”

Well done to our hard-working gardening team of staff and volunteers for keeping the grounds looking so fantastic for our patients and visitors.

A present that really shows you care

There is always someone this festive time that is simply impossible to buy for. Well, we think that we have the perfect present for them. St. Gemma's & Wheatfields Lottery vouchers not only give the bearer a chance to win £2000 every week and a shot at our up to £12,000 rollover prize, it also gives your two Leeds Hospices a helping hand as all profits made from the game go directly towards patient care.

Special offer: 15 weeks for 
30 weeks for 
52 weeks for 



 Players must be 16 and over.

You can buy vouchers online at www.hospicelottery.co.uk or by calling the lottery office on 0113 278 1500.

St. Gemma's Hospice - Factfile

Did you know that in the last year:

- St. Gemma's cared for over 2,500 local people
- St. Gemma's Hospice received 1,009 new referrals
- The Hospice had 525 In-Patient admissions
- St. Gemma's Community Nurse Specialists made 3,219 visits
- There were 1,844 attendances to St. Gemma's Day Services
- The St. Gemma's team delivered 1,129 bereavement support sessions to patients' families

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: paulines@st-gemma.co.uk or write to:
St. Gemma's Hospice, Freepost NEA 9320, Moortown, Leeds, LS17 7YY.

Registered Charity No. 1015941

Remember a loved one



Remember someone you love by sponsoring a light on the Hospice Christmas trees, or simply make a donation, and help us to continue caring for those currently living in the shadow of a terminal illness this Christmas and during the coming year.

Our appeal focuses on the very special Christmas trees standing in the grounds of St. Gemma's, which from Sunday 4th December until 6th January will be covered by thousands of lights, all individually sponsored. Each light will be special because it will be shining in memory of a loved one, a beloved child, mother or husband, a relative or a dear friend, someone we especially want to remember this Christmas.

You will receive a commemorative card bearing the name of each person remembered in this special way.

There are 3 easy ways to donate and to sponsor a light...

By Internet: To make an online donation visit www.st-gemma.co.uk and click on 'Light up a Life'

By Phone: To make a credit or debit card donation, telephone 0113 218 5555. Lines open Monday to Friday 9am – 5pm

By Post: Just complete the coupon on this page and send along with your donation (cheque or card) to our freepost address

You can make your light shine brighter with Gift Aid.

You are invited to join us at one of our

Light up a Life ceremonies in remembrance of your loved ones and friends. The ceremonies are a lovely opportunity to think about happy memories whilst enjoying music, readings, carol singing and looking at the beautiful lights. Further details will be sent with your commemorative card.

For those people who prefer not to attend a ceremony, this year we are offering a home pack so you can participate in your

own time. The pack includes a candle, prayers and readings.

Sadly terminal illness can affect anyone and St. Gemma's is here for them be they a young mother, a beloved granddad, a life-long friend or a much loved husband. The Hospice's specialist bereavement team is also here to support family and friends at this especially difficult time.

St. Gemma's care is free for the patient but not free to provide so please sponsor a light this Christmas or make a donation. Your help will allow us to continue caring and mean a huge amount to so many people here in Leeds.

Everyone was given a lighted candle and we all stood together to sing carols and listen to uplifting words from speakers and music from a brass band.

It was good to share the occasion with all the other families, knowing we had all been through the same thing.

Norma Barnes' light shines for her mother and father, Joan and Ron

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.

Slinder Gill and her children, Nirvair, Tript and Pavitar remember husband and father, Gurmukh

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.

Kairen Brown, honours her husband Dean



LIGHT UP A LIFE 2011

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. You will also be invited to join us for a candlelit carol service. For those people who would prefer not to attend a ceremony, we are offering a free home pack so that you can participate in your own time. The pack includes a candle, prayers and readings.

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

1
2
3
4
5

I would like to attend the ceremony at the Hospice (Tick)
(Sunday, 4th December at 4pm)

I would like to attend the ceremony at the Immaculate Heart
(Wednesday, 14th December at 6.30 pm)

I would like a home pack

I would like to combine all dedications on one card

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 25% to the value of your donation
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 25p 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 4 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

Photo Finish

We have recently been working with the Leeds Photographic Society to replace all the artwork in our In-Patient Unit. As part of the refurbishment of the patients' bedrooms, we decided to change the abstract paintings for something more modern.

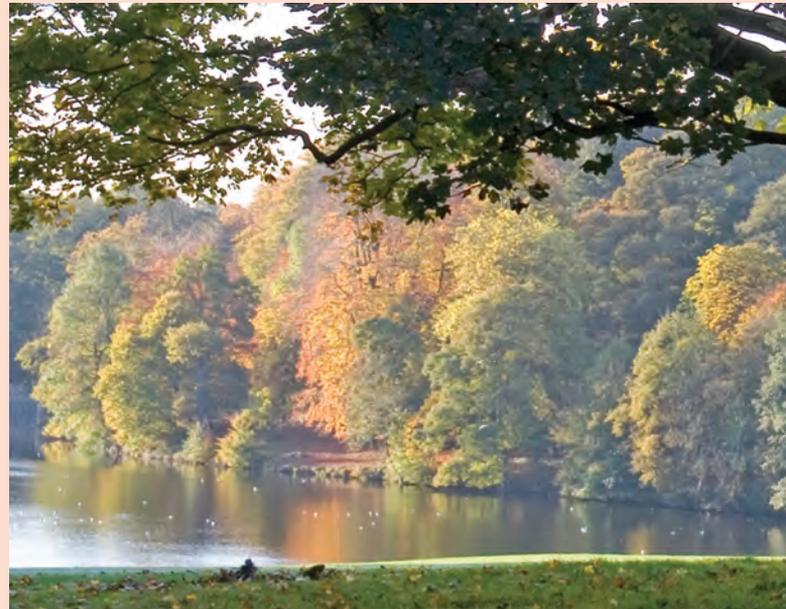
We've worked closely with our friends at the Leeds Photographic Society and have chosen a fantastic selection of their members' photographs for display. All the images we have selected are of familiar landmarks and local scenes including Roundhay Park and Harewood House.

The photographs have been kindly donated by the Society and its members, and are now being framed and installed around the Dales and Moors Wards, the patient admissions area and the conservatories. They are already proving to be quite a topic for discussion and reminiscence amongst patients, visitors and staff.

Vice Chair of the Society and St. Gemma's volunteer, John Saunders said, 'We have enjoyed working with St. Gemma's Hospice on this project and are delighted that they have chosen photographs from some of our members. The images are stunning and they look tremendous around the newly refurbished areas. They are a super finishing touch to the Hospice.'



John Saunders, left and Ray Hattrell (society president) by Ray's photo of Swaledale



Autumn in Roundhay Park – José Closs



Scaleber Force, near Settle - Norman Robertson



The Parkinson Building, Leeds

Useful website

Are you or is someone you care for trying to cope with a life limiting illness? If you need support the specialist palliative care services are here to help. You can find out more about accessing palliative care services by talking to your GP, District Nurse or Hospital Team. Palliative care can be given alongside other treatments for weeks, months or years.

The Leeds Palliative Care website (www.leedspalliativecare.co.uk) can also provide you with information and advice. It details the care available from a hospice, how you can be supported and cared for in your own home or in hospital and much more. Families have told us that the website is 'easy to follow, simple to use, comprehensive' and that 'it is good to have – if there is something you have forgotten to ask you can look up the information on the website'. We hope you will find it useful too.





St. Gemma's University - John Saunders



Harewood House - Frank Reynolds



Music Therapy and Me



Sharon, left, and Music Therapist, Kath Fathers

When I came to St. Gemma's Day Hospice I was offered music therapy. I am a 'give it a go' kind of person and, as I had been influenced by music a great deal in my life, I thought 'why not?' The first session was with a group of gents who were, shall we say, less than enthusiastic and to be honest that put me off a bit. Kath, the therapist, has an amazing ability to read people and picked up on both my discomfort and my underlying disappointment. She offered me the opportunity of a one to one session just playing around with the instruments and having fun with the sounds we could make. I was hooked!

I went on and mastered a musical instrument that I had never touched before and actually made a multi-track recording of a song from my childhood that I could bring home and share with my family. I was so chuffed with myself. I also recorded a monologue written by Stanley Holloway and had a lot of laughter doing it! This all sounds very straight forward and quite

formal but I can assure you there was a great deal more to it. We developed a fantastic bond together and in doing that I was able to talk to Kath about a great many things including my worries, fears, problems and my minor triumphs. We talked about events and memories of my life that had been triggered by the music we listened to and came across. I underestimated the amazing power of music. Its ability to trigger intense emotion, its ability to evoke strong memories both good and bad, its ability to make things laugh out loud fun and its ability to heal.

Music therapy helped me in ways I could never have imagined, just experimenting with sounds actually made me feel better on a bad day. Combined with the care, compassion and talent of your music therapist, Kath, music made me feel so much better about myself, my life and my illness. Thank you so much Kath and thank you St. Gemma's.

Sharron Scrupps

Support Us...

Virtual Gifts

Are you looking for the perfect, thoughtful gift this Christmas? St. Gemma's Virtual Gifts will help make a difference to our patients during the season of goodwill. We have a range of gifts to suit all budgets. **Contact Nicki** or look on the shops section of the website.

Letter from Santa

We have a special arrangement with Mr Claus and he has agreed that, for a small donation to St. Gemma's, he will write a letter to boys and girls who have been particularly good and to babies on their first Christmas. **Contact Nicki**.

Donations in Lieu of Christmas Cards

Instead of sending Christmas cards to colleagues, friends or even family, why not make a donation to St. Gemma's Hospice? We can provide you with a huge Christmas card to write your messages on. **Contact Nicki**.

Festive Lights

Are you planning on putting up a magical Christmas lights display on your home? If so, why not show it off this year and ask passersby for a donation to St. Gemma's Hospice? **Contact Jenny**.

Guess the name of the cuddly Christmas reindeer

Order one of our free, cute, cuddly reindeer and ask your customers, school children, club or group to guess the reindeer's name for a £1 donation to the Hospice. We will deliver the reindeer to your door along with some festive treats and everything you need to run the competition. The lucky winner can then take this home in time for Christmas! **Contact Jenny**.

Festive Gifts to sell

Would your school, shop, pub or group like to support St. Gemma's by selling Christmas gifts? Our range of festive items are supplied free of charge, on a sale or return basis and each gift costs only £1 to buy! **Contact Jenny**.

Woodland Wishes

Commemorate and celebrate loved ones this Christmas by sponsoring tree planting in the Leeds

Hospices Woodland at Temple Newsam, for a donation of £36. Your donation will provide vital funds for St. Gemma's, the planting of trees in the Leeds Hospices Woodland and continued management of the Woodland by Leeds City Council. We will also provide you with a certificate of acknowledgment and a map of the area so that you can visit the Woodland if you wish to. Woodland Wishes will make an excellent and thoughtful Christmas present for someone special who would like to commemorate a loved one or celebrate a special occasion, or someone who has a keen interest in the environment, as the woodland will become a permanent landmark. **Contact Tracie**.

Contact Numbers: (Area Code 0113)

Nicki	218 5559 nickib@st-gemma.co.uk
Fran	218 5505 francines@st-gemma.co.uk
Hayley	218 5570 hayleya@st-gemma.co.uk
Jenny	218 5565 jennym@st-gemma.co.uk
Tracie	218 5296 tracieh@st-gemma.co.uk

General Fundraising enquiries
218 5555

www.st-gemma.co.uk

Annual Windermere Row

Thanks to all the 680 people who took part in the 30th anniversary Windermere Row this year. It is fantastic that after 30 years of raising money for our patients, the event is still so popular and still raises so much towards hospice care.

The fancy dress costumes were absolutely amazing – see the photograph of

one of the winning teams, Thor's Oars. As always there were some teams who had a very competitive spirit and rowed like crazy to win one of the trophies. Last year the event raised £115,000 and we are hopeful that when all the sponsorship money has been received for this year, we shall have raised over £100,000 yet again.

We are already taking bookings for next year's Windermere Row and the dates for 2012 are Sat 2nd, Sun 3rd, Sat 9th & Sun 10th June. Teams are for 2, 4, 6, 7 and 8 people and you can row on any of the dates, subject to availability. It is free to enter this

event – we just ask rowers to get sponsored for taking part. If you are interested in participating in this challenging but fun event please **contact Tracie**.



Coming Up 2011 ...

Annual Flag Day – Saturday 26th November

Our annual Flag Day will be held on Saturday 26th November and as it's so close to Christmas we will be having a Christmas theme by encouraging collectors to dress up in festive outfits as well as having a brass band playing Christmas carols in Leeds City Centre. Collectors are urgently needed for this one day collection where we hope to raise over £7,000 for the Hospice. **Contact Jenny.**

Christmas Market – 2nd & 3rd December

Held at the Hospice from 3 pm – 8 pm on Friday and 10 am – 3 pm on Saturday. With an appearance from Santa himself, this market is great for all the family and a perfect place to stock up on presents and enjoy tasty food and drink. The low-price, high-quality, non-drop Christmas Trees on sale are also a real draw. Entry is by donation. **Contact Hayley.**

Vintage Fair – 10th & 11th December

Our award-winning Vintage Fair returns! Held in the Conference Centre, this is the place to find all of the vintage, retro and collectable goods on sale from our 20 charity shops around Leeds. Also, over 20 stallholders, all selling vintage clothing, jewellery, books, artwork and much more. 10am – 4pm both days. Entry is by donation. **Contact Hayley.**

Santa Dash – Sunday 11th December Ho, Ho, Ho and away we go!!

Please see back page.

Wear A Santa Suit Day – 16th December

What better way to get into the Christmas spirit than dressing up as Santa for the day? Join in the fun and let us know your ideas for making this a day to remember: the wackier the better! **Contact Nicki.**

Potty Cottage Christmas Garden – 17th to 24th December, 10 am until 5 pm 21 Aberford Road, LS25 1PZ

The fabulous "Potty Cottage" garden will be opening once again this Christmas. This wonderful garden is full of interesting flowerpot characters, all dressed up for Christmas! Entry is by donation. St. Gemma's would like to congratulate Valerie and Barbara on having been awarded Gold for Best Small Garden and The Chairman's Award for Outstanding Service to the Community at the Leeds in Bloom Awards in September. **Contact Jenny.**



2012 ...

Indoor Car Boot Sales

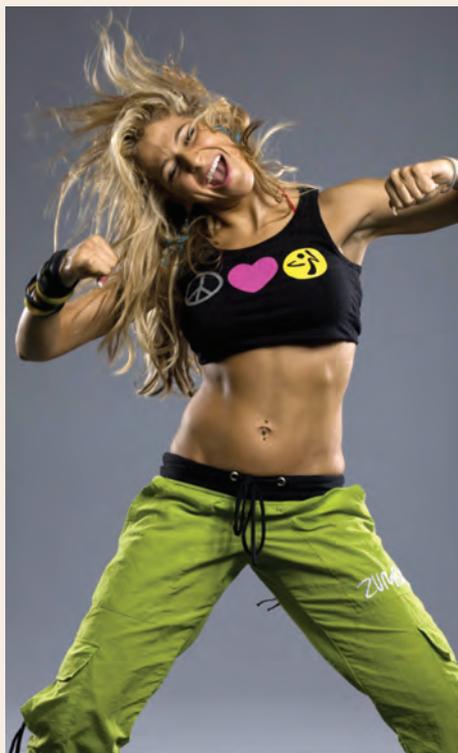
We are now taking bookings for stalls at our indoor car boot sales in 2012. The dates for these are 28th Jan, 25th Feb, 24th Mar, 26th May, 23rd Jun, 29th Sept and 27th Oct. Stalls £12 each. If you don't fancy running your own stall then why not just come along and bag a bargain. All sales are at the Hospice between 10am and 1pm. Entry is by donation. **Contact Jenny.**

Fire Walk – 9th February

Can you take the heat and walk on fire to raise money for St. Gemma's Hospice? This evening event will involve participants completing a two hour motivational training session so you are so fired up that you are then able to walk on 20 feet of wood embers burning at a cool 1236 degrees Fahrenheit! The event will be held in the Hospice grounds and spectators are very welcome to come and watch this intrepid feat. Don't miss this red hot opportunity and raise money for our patients in a blaze of glory. **Contact Tracie.**

Leeds Zumbathon – 19th February from 10 am till 1 pm

It's the hottest fitness craze on the scene at the moment so we are holding our very own Zumbathon— get sponsored for a 3 hour Zumba challenge! Don't panic, as the work outs are at intervals, there will be lots of chances to get your breath back. The Zumbathon will be held at The Grammar School at Leeds in Alwoodley. The event is open to both male and female participants so if you feel like getting mega fit and shifting some stubborn pounds then sign up today and be part of a Zumba sensation! Burn up to 2,400 calories in this Zumba session – that's enough to burn off 22 KitKats or 9 portions of McDonalds fries! So make sure you don't miss out on what promises to be a Sunday to remember. To join this unique event visit www.leedszumbathon.co.uk or **contact Fran.**



Bark in the Park – 26th February

Our annual sponsored dog walk will take place at Golden Acre Park. Dogs and owners will be sponsored to walk a 1, 3 or 6 mile route around the park's lake, woodland and gardens. Entrance is free all we ask is that you raise as much sponsorship as possible. A certificate and goodie bag is provided for every doggie supporter. To register, visit our website or **contact Jenny.**

Sponsored Skydive – 3rd & 10th March

Take part in our exhilarating sponsored tandem skydive. You just need to raise a minimum of £395 and you can jump for free. The jump takes place in Brigg, North Lincolnshire. Other dates are also available so don't miss out on the thrill of a lifetime. **Contact Hayley.**

Adidas Silverstone Half Marathon – 11th March 2012

We have 8 places available in this prestigious and exciting running event, which takes place on the Silverstone racing track. To secure your place on this popular event (places cost £25 each) **contact Hayley.**



Alternative Therapies Evening – 15th March

Following the success of last year's event, our alternative therapies evening returns. The event will be held at the Hospice, with a range of therapies on offer, including Reiki, Yoga, Reflexology, Indian Head Massage and more. More details to follow. **Contact Hayley.**

5 A Side Football Tournament – 18th March

We will once again be holding a one day 5 A Side Football challenge where teams of 5 can register to compete in this fun event to win the trophy. The tournament will be held at Soccer City in Leeds. If your company, club or group of friends are interested in having a team please **contact Jenny.**

London Marathon 2012 date TBC

The most prestigious race of them all. If you have your own place and would like to run for us please **contact Hayley.**

CORPORATE CONNECTIONS

Can Your Company Support our Patients this Christmas?

Christmas is an occasion when many of us spend precious time at home with our family and friends, however for some of our patients this will not be possible. For those patients residing in our In-Patient Unit over Christmas, the nursing staff work very hard to ensure that they have an enjoyable time with a festive meal and gift. Perhaps you and your colleagues would like to support the patients at St. Gemma's this Christmas and here are some really easy ways that you can raise money this festive season:

- Buy our personalised corporate Christmas cards to give to your clients and suppliers. To see our range of Christmas cards that you can have specially printed with your message and logo **contact Tracie** on 0113 218 5296.
- Make a donation to St. Gemma's in lieu of sending Christmas cards to colleagues. We can send you a poster to display or a festive email to send to your colleagues letting them know you have supported our patients.
- Do you do Secret Santa at work and simply don't know what to buy? Why not purchase one of our virtual gifts such as a Christmas meal for a patient

or a selection of bulbs and seeds for the Hospice gardens next spring? See our range of virtual gifts on our website at www.st-gemma.co.uk

- Give a patient a very special gift by sponsoring a bed in our In-Patient unit via our 365 Days of Care Appeal. In return we'll send you a framed certificate to display and your company name will be featured in our reception area on the day you have sponsored.
- How about having a Christmas Dress Down Day where you all dress as Santa? We can supply Santa suits and collection buckets – send us your photographs and we'll give a prize to the company that has the best festive attire.

For more information on these ideas or for help with fundraising please **contact Tracie** on 0113 218 5296 or tracieh@st-gemma.co.uk

Santa Dash 2011 – Ho, Ho, Ho and away we go !!

We are pleased to announce that you can now register for our sixth annual Santa Dash. This year we have decided to make the event bigger than ever, so the 2011 Santa Dash will now take place in **Leeds City Centre on Sunday 11 December** at 10am to make one big dash. This means we will hopefully get lots more Santas running on the same day, raising vital funds for us this Christmas. And, since it's nearly Christmas, we have decided to give you a gift this year and make all **under 16's free**.

All over 16's receive their very own Santa suit and under 16's are encouraged to wear fancy dress – the winner receiving a prize!!

The route is a one or two mile fun run around the centre of Leeds and we encourage you to bring lots of people to cheer you on around the course and join in the fun. **It's an amazing sight** to see 100s of people dressed as Santa, all raising vital funds for terminally ill people, **the kids can't believe their eyes!** It's worth rounding up your friends to come along and

watch, it's always a good excuse for some Christmas shopping afterwards too!!

Real Radio will be there on the day to encourage all the Santas to put their best foot forward. There will also be a **brass band** playing before you set off, belting out festive tunes to get you in the mood. And not only that, there will be **face painting** to brighten you up before the run and free **refreshments** after the dash.. **Contact Fran**.



Kindly sponsored by

The Leeds Santa Dash 2011 Entry Form (photocopies accepted)

Title First Name Surname

Address

..... Postcode

Home Telephone Mobile DOB

e-mail (our preferred method of contact)

I require a Santa suit £8 I will wear my own suit £5

I am a child under 16 Free entry with adult (no suit provided for children)

I am a child under 16 but would still like a Santa suit (adult sizes only) £3

No refunds. Suits are handed out on the event day. If you would like your suit before please call 0113 218 5505 and arrange a collection time to collect from the Hospice in Moortown.

Please send this form with a cheque (made payable to St. Gemma's Hospice) to St. Gemma's Hospice, 329 Harrogate Road, Moortown, Leeds, LS17 6QD

To register online visit www.st-gemma.co.uk

This is a sponsored event. By signing up for the Leeds Santa Dash you have committed yourself to raise funds for St. Gemma's Hospice.

