

Winter 2012



www.st-gemma.co.uk

newsletter

Light up a Life Appeal

At St. Gemma's we are very aware that Christmas can be a difficult time of year when those you are parted from are missed more than ever. St. Gemma's Light up a Life Appeal is an opportunity to sponsor a light on a special tree in memory of your loved ones. The trees at the Hospice are covered in thousands of twinkling lights, each light shining for someone special until Twelfth Night.



The lights on the trees are switched on during special ceremonies which take place either at the Hospice or at the Immaculate Heart Church in Moortown. If you would prefer not to attend one of our services we do offer a home pack so you can participate in your own time. The pack includes a candle, prayers and readings. Each light is sponsored for someone special but there are many reasons why people sponsor a light:

“ It's such a special way to remember my Mum. She was always the light of the family's life so it's an appropriate and eternal way to remember her especially at Christmas as she loved it so much. ” *Sheila Read (photographed)*

When you sponsor a light you will receive a special commemorative card bearing the name of each person remembered in this special way. There are 3 easy ways to donate and sponsor a light ...

- 1. By internet:** to make an online donation visit www.st-gemma.co.uk and click on 'Light up a Life'
- 2. By phone:** to make a credit or debit card donation, telephone **0113 218 5555**. Lines open Monday -Friday 9am-5pm
- 3. By post:** complete this coupon and send along with your donation to our freepost address.

There is no set donation for each light, all we ask is that you are as generous as possible. Each contribution helps the Hospice to care for patients and families who are facing a terminal illness this Christmas.

LIGHT UP A LIFE 2012

You can dedicate a light on our Christmas trees by using the form below. 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

Name for dedication	£
1	<input type="checkbox"/>
2	<input type="checkbox"/>
3	<input type="checkbox"/>
4	<input type="checkbox"/>
5	<input type="checkbox"/>

I would like to attend the ceremony at the Hospice (Tick)
(Sunday, 9th December at 4 pm)

I would like to attend the ceremony at the Immaculate Heart
(Wednesday, 19th 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.

I confirm I have paid, or will pay, an amount of Income Tax and/or Capital Gains Tax for the current tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASC) that I donate to will redeem on my gifts for the current tax year. I understand that other taxes such as VAT and council tax do not qualify.

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

Quality End of Life Care

The Government's End of Life Care strategy aims to provide people approaching the end of life with more choice about where they would like to live and die. It also sets a vision that high quality care should be available to anyone approaching the end of their life, wherever they are cared for.

The 'Quality End of Life Care for All' (QELCA) programme is an innovation in end of life care education for generalist nurses. It was designed by St Christopher's Hospice in London, to enable and empower teams of clinical nurse managers from acute or community settings to lead on the delivery of high quality care to patients and families at the end of life.

Who better to deliver this training than nurses from Hospices, who after all, are continually providing specialist end of life care. At St. Gemma's Hospice, Team Leaders Laura Speight and Steve Lawman have been leading the QELCA training in Leeds.

Laura said, "Education has always been an important part of our role at St. Gemma's

Hospice, sharing our expertise with others. The QELCA training has given us the chance to give other senior nurses across the Leeds Teaching Hospitals Trust our first hand experience of how to deal with issues patients may face at the end of their lives."



Laura Speight and Steve Lawman

Steve added, "We do some teaching in the classroom but what most of the Trust Nurses have found useful is spending time in patient areas seeing at first-hand how our

specialist team delivers quality end of life care. They observe how we speak to our patients, what kind of issues are raised and treatments used. This has given the Trust Nurses increased confidence and support in how to deal with their own patients when they are back in the Hospital, improving end of life care for more patients and families."

Laura said, "We do our best to pass on our knowledge and experiences to help the Trust Nurses better deal with dying patients. We talk about issues that may arise and how, in light of their experience, they would now handle them."

Steve said, "You only die once, so we aim to get it right for patients and their families. If we can pass on some of our knowledge and experience to help others, then we are pleased to do so."

For more information about the QELCA programme, please contact Laura or Steve on 0113 218 5500.



Hat-trick for St. Gemma's Gardens

Our award winning gardens have had another gold rush! We've won a Gold Rose Award from Yorkshire in Bloom and two Gold awards from Leeds in Bloom.

One of the judges commented, "The gardens at St. Gemma's are delightful. From the small intimate courtyard areas to the large walled garden with its beautiful borders and rill, it is easy to forget you are in the middle of a busy city. The calm and tranquil atmosphere is delightful and a credit to the Head Gardener Denis and his team."

Well done to our hard-working team of staff and volunteers. The gardens look superb and are appreciated by our patients and visitors.

Thanks and goodbye

St. Gemma's says goodbye to Paul Williment this winter, who retires after 28 years at the Hospice. Chief Executive Kerry Jackson said, "Father Paul is certainly a big part of the Hospice's history. As well as managing our IT systems and providing a design service to the Hospice, he has also carried out his important duties as part of the chaplaincy team. He has provided spiritual care and support at all times of day and night for countless patients and their families over the years. We are grateful for his years of service and support. He will be missed by many people."

We wish Paul a fond farewell for his retirement and we hope to see him back as a volunteer.



You are receiving this Newsletter as you are a valued supporter of St. Gemma's Hospice. We think it is important that we tell you about developments from around the Hospice and how we are using your donations. You can opt out of receiving our mailings at any time, or ask to receive our Newsletter by email. Simply call 0113 218 5555 or email jennymo@st-gemma.co.uk. Thank you for your support.

Painting, sailing and helping each other feel better

It has been another busy year for the St. Gemma's Children and Young People's Service. We've had lots of activities taking place alongside our counselling support for bereaved children and young people.

We started the year with a Pamper & Make-over Evening with the hair and beauty students of Leeds City College. 35 children and young people and their families attended the evening. We then did a 12-week Boxercise & Martial Arts Group. Over Easter, we hosted a Drama Show & Workshop called 'Dreams of Philomina'; a story where a widow gets a second chance to say goodbye to her beloved husband Albert. This show was specially developed to help children explore feelings of loss and bereavement.

The year continued with Self Defence for teenage girls, an Art Fun Day and Paintballing during the summer. In autumn we had a 2-day sailing trip and we are now making plans for another Day to Remember. We are also pleased to be involved with the launch of the new Leeds Children & Young People's Bereavement Charter.

The service is a vital part of the work of St. Gemma's Hospice and reaches many children and their families each year. One of the bereaved children said, "Thank you for helping me remember my daddy without it hurting inside. I have made lots of new friends and we all talk about things and help each other to feel better."

The St. Gemma's Children and Young People's Service works with children and young people and their families when someone is seriously ill or after someone has died. It is run by Dan Bordoley and a team of volunteers and is currently funded by BBC Children in Need.

We can be contacted on 0113 218 5500 or visit www.stgemmasyps.co.uk

We asked Dan to offer some advice to children and young people who are facing bereavement or have been bereaved. Dan told us, "Some of the best advice is from other children who have had contact with our service and faced a similar situation. Here are some tips that may help you:-"

1. Ask lots of questions.
2. Remember the sad and happy times.
3. Talk to someone you trust about how you feel.
4. Write and draw about the person who is ill or who has died.
5. Ask for help if you are feeling overwhelmed or want to speak about how you feel.
6. Attend St. Gemma's Young People's Service events to meet other children and young people in a similar situation."

5 Star Catering

St. Gemma's Hospice has once again been awarded the highest possible rating for food safety from Leeds City Council and the Food Standards Agency. The five star rating represents a **'very high standard of food safety management, fully compliant with food safety legislation'**.

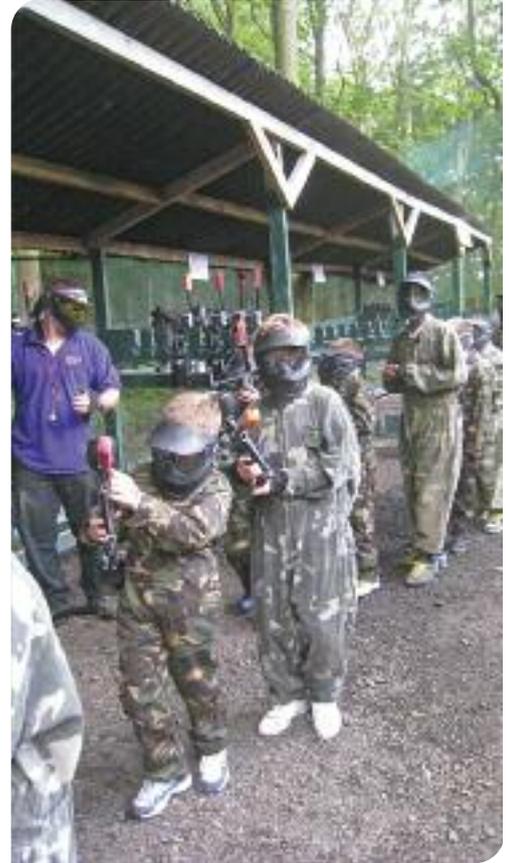
Paul Payne, Head Chef and Manager at St. Gemma's, said, "We are really pleased with the recognition of our excellent standards. The catering and hospitality teams work very hard to make sure our patients, visitors and the Hospice team have the very best food prepared in the highest quality environment."

The inspection was very thorough and checks were made on how well we met legal requirements. They looked at how we prepare, cook, re-heat, cool and store food, the cleanliness of the catering areas and how we



Paul Payne (right) with members of the catering and hospitality team

manage and record what we do to make sure food is safe. We received the maximum 5 stars. A business' performance is shown by its star rating – no stars for 'very poor' through to five stars for 'excellent'. Well done to everyone involved.



Paintballing adventure

What a Difference a Day Makes!

'What a Difference a Day Makes' Appeal raises money to enable St. Gemma's to provide 24 hour care, 365 days a year.

In-Patient Abigail, said recently, "What a difference a day makes. I was a little apprehensive when I was referred to St. Gemma's Hospice but within hours of being admitted to the In-Patient Unit, I felt comfort and relief and my pain had been reduced significantly. Within days, I was pain-free and my quality of life increased considerably. Please help St. Gemma's to continue making a difference 24 hours a day, every day."

It costs £455 to fund 24 hours of care for one patient in the In-Patient Unit. You can donate in one amount or make ten monthly instalments of £45.50.

Please make a difference today.

Phone Tracie on 0113 218 5296 or visit www.st-gemma.co.uk

Please support the Twelve

Only the most poorly of our patients remain in St. Gemma's over the festive period. If at all possible people like to be at home in their familiar surroundings but for some this just isn't possible. The Hospice keeps running 365 days per year and it costs £150,000 to fund the In-Patient beds for the 12 days of Christmas. Please help us raise this money and bring comfort to our patients and their families at this most poignant time of year.

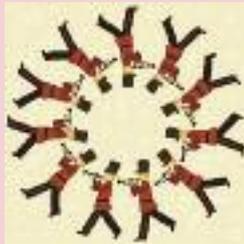
On the 12th day of Christmas...

I decided to help my favourite charity all year round and signed up for a **regular gift** via direct debit. For more information about how a regular gift, of any size, can make a difference *contact Gail.*

On the 11th day of Christmas...

I donated and recycled

- We can turn your **unwanted gifts** into support for the Hospice. Please donate the jumper that just isn't you or the smellies you'll never use to our chain of charity shops. *Contact Christine.*
- A new mobile for Christmas? Please give us your old one whatever its age or condition. *Contact Jenny.*



On the 10th day of Christmas...

I decided to face my fears

- Sign up for a 15,000 foot **Skydive** and cross that off your bucket list! *Further details from Michelle.*
- Following the success of our first ever **Firewalk**, we will be running the event again but it will be bigger and better for 2013! Our Fire & Ice event on 7th February gives you the opportunity to either walk on glass, or on fire and if you think you're brave enough, you can even do both in one night! *contact Tracie.*
- We have a series of **International Challenges**. Choose your favourite and get fundraising. *Contact Michelle.*

On the 9th day of Christmas...

I wrote to Santa and told him what I really wanted for Christmas.

Would your little one like a **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 Tara.*



On the 8th day of Christmas...

I really got into the Christmas spirit and joined in the fun of the **Santa Dash**. See back page for details of how to enter this fun event for all ages and abilities. *Contact Tara.*

On the 1st day of Christmas...

I started my Christmas shopping

- St. Gemma's great range of **Voluntary Gifts** will suit lots of people. *Contact Christine.*
- Perhaps a tree planted in the **Hospices Woodland** for other people. *Contact Tracie.*
- The **Gift Fair**, 9th – 11th November, at the Conference Centre, will have presents to suit all pockets. *Contact Aysa.*
- A myriad of stalls at the **Christmas Fair** in December will help to solve gifts for all. *Contact Jenny.*
- The St. Gemma's **Calendar** is available online or *via Tara.*

Contact Numbers: (Area Code 0113)

Aysa 218 5558
or ayshaa@st-gemma.co.uk

Christine 218 5556
or christined@st-gemma.co.uk

Fran 218 5505
or francines@st-gemma.co.uk

Gail 218 5506
or gailc@st-gemma.co.uk

Jenny 218 5565
or jennyd@st-gemma.co.uk

Kairen 218 5537
or kairenb@st-gemma.co.uk

Katie 218 5575
or katieb@st-gemma.co.uk

Michelle 218 5570
or michelleb@st-gemma.co.uk

Tara 218 5559
or tarag@st-gemma.co.uk

Tracie 218 5296
or tracieh@st-gemma.co.uk

General Fundraising enquiries
– 218 5555



"Men Christmas

On the 7th day of Christmas...

I gave some **time** to help St. Gemma's

fundraise
Are you able to spare a couple of hours over the festive period to help raise funds for St. Gemma's? Volunteer time is urgently needed to help with collections at supermarkets across Leeds. You can help in many ways. *Contact Jenny.*

Days of Christmas Appeal

Virtual
Contact



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ember in the St. Gemma's
plenty of decorations and gifts
sha.
tmas Market, 7th and 8th
ft dilemmas. Contact Michelle.
s a great socking filler, available

On the 2nd day of Christmas...

I tried to cover the cost of my Christmas by buying the St. Gemma's **raffle tickets** in the hope of winning £1,000. Please support us by taking part in our 12 days of Christmas raffle. More details on the back page or *contact Katie*.

On the 3rd day of Christmas...

I planned my Christmas greetings

- St. Gemma's has a great range of **Christmas Cards**, available from the Hospice, online and our network of shops.
- Instead of sending Christmas cards to colleagues, friends or 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 Tara*.
- If you run a business **e-cards** might be the best way to send greetings to your staff, suppliers, customers and other contacts. We can provide you with a beautiful e-card which can be personalised to your business. *Contact Katie*.



On the 4th day of Christmas...

I visited a St. Gemma's **charity shop**

- Our chain welcomes donations of clothes, accessories, DVDs, CDs, books, Bric a brac, toys and much more. *Contact Christine*.
- While visiting browse through our selection of party wear and look out for anything you might want to create that fancy dress costume. We have lots of brand new items on sale too.

On the 5th day of Christmas...

I remembered those I am missing this Christmas and sent in my donation for the **Light up a Life Appeal**. For full details see the front page. *Contact Gail*.



Memories of a last together - priceless"

ma's

hours
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ections or bag packing at
can even dress up if you wish!



On the 6th day of Christmas...

I **partied** for St. Gemma's

- Why not organise a dress down day at work, school or college and ask for donations to the Hospice. *Contact Tara*.
- If you are holding a Christmas party of whatever size could you run a raffle or other fun game and raise some money. *Contact Tara*.
- Tables are still available for our superb winter Ball. See events list for further details or *contact Kairen*.

You can donate now by Text. Please send a text message "LAST12 £10" to 70070. Every penny of your donation comes to the Hospice. Thank you.

Betty Naughton's Art Exhibition

The Naughton family's links with St. Gemma's Hospice go back a long way; their children attended the St. Gemma's prep school and they have supported the Hospice for many years.

Now, Betty Naughton is putting on a major retrospective Art Exhibition, with all proceeds of sales donated to the Hospice. Betty has a degree in fine art and has exhibited in the UK and abroad. Many of her pictures have a musical theme as she is also a distinguished pianist. In addition to the 80 framed pictures for sale, there will be "browse boxes" of unframed original prints and sketches for purchase. Also for sale will be a beautiful 2013 Calendar featuring 12 of her favourite pieces matched to each month.

The exhibition will take place on 17th and 18th November at Priory Barn Gallery, Syningthwaite, Wetherby, LS24 8BL. For more details contact Betty: bettyartmusic@btinternet.com

A Christmas gift that keeps on giving...

When Mr Vincent McGarvey, aged 74 from Crossgates asked his daughter to make a donation to charity instead of buying him a Christmas present, he never considered that both he and the charity would benefit.

Vincent's daughter bought him a subscription to the St. Gemma's and Wheatfields Lottery and he went on to win one of our weekly jackpots of £2000. The lottery which offers weekly cash prizes of £2000, £200, £50 and 100 £5's is available for people to buy their friends and families as a gift, as well as for people who want to play themselves.

What better gift could you give someone than a chance of winning £2000 every week and a chance of donating to your local Hospices. Entries cost £1 each per week – however we have some great Christmas offers for you.

15 weeks in the lottery £13

30 weeks in the lottery £25

52 weeks in the lottery £45

For more information or to buy a voucher call 0113 278 1500 or buy online at www.hospicelottery.co.uk

Help us to bring in the New Year ...

We have a whole range of events already planned for 2013. Highlights include:

31st January 2013 – Biz Quiz

An evening of fun and friendly competition. It's £12.50 per person to enter and you will be treated to a two course supper, and 8 rounds of quizzical questions.

Contact Tracie.

Sunday 17th February 2013

- Bark in the Park

Join us for our popular sponsored dog walk at Golden Acre Park. Entrance is free, all we ask is that you raise as much sponsorship money as possible. Contact Jenny.

Indoor Car Boot Sales in 2013

We are now taking bookings for 2013. The dates for these are 19th January, 23rd February and 16th March. Stalls are £12 each. Contact Jenny.



Bella Henson has won the prize for raising the most sponsorship money in 2011 and 2012!

Nearly new baby sale - Spring 2013. Contact Jenny

Pedalling for patients - February 2013. Contact Katie

Ceilidh - March 2013. Contact Tara

London to Paris bike ride - July 2013. Contact Michelle

For dates and full details visit our website: www.st-gemma.co.uk

January to February 2013 – Strictly Learn Dancing

If you would like to learn to dance while raising vital funds for St. Gemma's – now's your chance! We are recruiting budding dancers to take part in this exciting opportunity to be trained by professional dance teachers. Dance lessons will start in early January and in mid-February you will showcase your new found steps in a glittering Grand Finale event. For more information contact Kairen.



Save the Date
Leeds Midnight Walk 2013
Exercise 4 Less Gym in Kirkstall on Saturday 18 May 2013.
The theme will be 'Carnival', so think bright colours, exhilarating music, performance, head dresses and the lot!
Have a night out with the girls & support our patient care.
Sign up NOW, www.leedsmidnightwalk.co.uk
Sign up before the 31 December 2012 and receive 20% off your registration fee!

Contact Numbers:

(Area Code 0113)

Aysha 218 5558 or ayshaa@st-gemma.co.uk
Fran 218 5505 or francines@st-gemma.co.uk
Jenny 218 5565 or jennyd@st-gemma.co.uk
Kairen 218 5537 or kairen@st-gemma.co.uk
Katie 218 5575 or katieb@st-gemma.co.uk

Michelle 218 5570 or michelleb@st-gemma.co.uk
Tara 218 5559 or tarag@st-gemma.co.uk
Tracie 218 5296 or tracieh@st-gemma.co.uk
General Fundraising enquiries
– 218 5555 or fundraising@st-gemma.co.uk

Registered Charity No. 1015941

Coming up this winter ...



Friday 9th to Sunday 11th November 2012 - Christmas Gift Sale

Find that perfect Christmas present you've been looking for and come to the famous St. Gemma's Gift Sale at the Hospice. 10am-4pm each day. We will be showcasing a wide array of wonderful gifts, Christmas goods and Christmas cards suited for all your family and friends! Free entry and all profits will support the Hospice so please come along and support us.

Saturday 24th November 2012 - Winter Ball

There's still time to buy your ticket for this annual event at LUFC. Don't miss out on this ideal opportunity to enjoy a fabulous night out with friends, family or colleagues – whilst raising vital funds for our Hospice. The night will be jam packed with exciting treats as well as a fabulous three course meal, brilliant prizes in our raffle and auction - and all this for just £45 per person. *Contact Kairen.*



1st & 2nd December 2012 (plus 2nd & 3rd March 2013) - Vintage Fair

Our award-winning Vintage Fair returns! Held at the Hospice, this is the place to find all of the vintage, retro and collectable goods on sale from our 22 charity shops around Leeds. Also, lots of independent stallholders, all selling vintage clothing, jewellery, books, artwork and much more. 10am – 4pm both days. Entry is by donation. *Contact Michelle.*

Friday 7th & Saturday 8th December - Christmas Market

Held at the Hospice from 3pm – 8pm on Friday and 10am – 3pm on Saturday. With an appearance from Santa himself, this market is great for all the family and a perfect place to stock up on Christmas presents, enjoy some hot, tasty food and treat yourself to a warming glass of winter mulled wine. There will be exciting stalls, raffles, tombolas, live entertainment with a brass band, plus you'll also have the chance to pick up and take home a high-quality, non-drop Nordman Christmas Tree at very reasonable prices! Entry is by donation. *Contact Michelle.*



Saturday 15th to Monday 24th December - Potty Cottage Christmas Garden - 21 Aberford Road, Garforth, LS25 1PZ

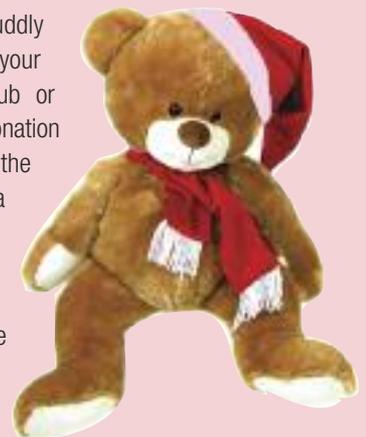
The "Potty Cottage" award winning garden will be opening once again this Christmas. This wonderful garden is full of interesting flowerpot characters, all dressed up for Christmas! Entry is by donation to the Hospice and a visit to this garden is guaranteed to put you in the festive spirit! St. Gemma's would also like to thank Valerie and Barbara for all their hard work and continued support. For more details *contact Jenny.*

16th December - Santa Dash

What better way to get in the festive mood than to take part in the St. Gemma's Santa Dash? With over 300 runners expected, all dressed as Santa, it really has to be seen to be believed! It's a great event for all the family to be part of, so if you would like to get involved in the festive fun this year keep an eye on our website. Complete the entry form on the back page of this newsletter or *contact Tara.*

Guess the name of the cuddly Christmas bear

Order one of our free, cute, cuddly Christmas bears and ask your customers, school children, club or group to guess the name for a donation to the Hospice. We will deliver the hamper to your door along with a free pack and some festive treats. The lucky winner can then take the bear home in time for Christmas! To order, please *contact Jenny.*



Festive gifts to sell

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

Help us to keep in touch with you – as efficiently as possible
Please send an email to fundraising@st-gemma.co.uk and include your full name and postcode. This will enable us to communicate via email with you in future. You can keep updated with Hospice news by visiting www.st-gemma.co.uk or follow us on   facebook / twitter.

Why gifts left in Wills are so important ...

A gift in a Will left to charity does not have to be a fixed amount of money. Recently a lady left her estate to her family apart from 2% which she left as a gift in her Will to St. Gemma's Hospice. The lady's gift amounted to just over £4,800, which could pay for a day of care for 10 patients in our In-Patient Unit or enable 21 of our patients to receive care at home from one of our Community Team members or provide 48 specialist bereavement support sessions.

The lady who left a gift in her Will has touched the lives of many people, giving our patients and their families support at a time when they needed it the most.

A gift in a Will can be a fixed sum of money, percentage of your estate or a specific item, St. Gemma's is most appreciative of all gifts which are left to the Hospice, and all help us care for our patients and their families.

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If you would like to leave a gift in your Will to help families at a time when they really need our support, please contact Gail on 0113 218 5506 for more information.

Roll up, roll up ...

Congratulations to Mr & Mrs Clarkson, pictured, for winning first prize in our Summer Raffle.



Please help us make Christmas special for our patients by entering our festive raffle where you can be in with a chance to win £1,000 cash, £500 cash, Dahon Rotolo fold-up bike along with 9 other fabulous prizes. Tickets are just £1 each. There are 12 tickets per book representing the 12 days of Christmas. Main draw will take place on 31 January. If you return your stubs and payment by 17 December, you'll be entered into a 'fast reply draw'.

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If you haven't received Christmas Raffle tickets with this newsletter, you can buy them by ringing 0113 218 5555 or email fundraising@st-gemma.co.uk. You've got to be in it to win it!

Thank you for your support in 2012 and we wish our readers a healthy and happy Festive Season

Santa Dash and raise lots of cash!



We are pleased to announce that you can now register for our seventh annual Santa Dash. This is a fantastic event and a great way to get the whole family into the festive mood! The event will take place in Leeds City Centre on Sunday 16th December at 10am. The event is open to people of all ages and abilities. 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. Why not make a day of it and go Christmas shopping after the event?

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 free refreshments will also be provided by Little Tokyo who are sponsoring the event. **For more details, please contact Tara on 0113 218 5559 or email tarag@st-gemma.co.uk**

The Leeds Santa Dash 2012 Entry Form (photocopies accepted)

Title First name Surname

Address

..... Postcode

Home telephone Mobile

Workplace D.O.B

Email (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 size only) £3

No refunds. Suits are handed out on the event day. If you would like your suit before please call 0113 218 5559 and arrange a time to collect this from the Hospice in Moortown.

Please send this form with a cheque (made payable to St. Gemma's Hospice) to:

Santa Dash 2012, 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.

