

40
Years together
1978 - 2018



St. Gemma's
Hospice
Always caring

News

SPRING 2019

For St Gemma's supporters
www.st-gemma.co.uk

When all seems
dark and lost
YOU can light
the way...



Shining a light on hospice care

St Gemma's patient Ann, housekeeper Jane and volunteer Malcolm are amongst the cast who appear in a new TV commercial which will be aired across ITV this spring.

The TV advert, the first of its kind for hospices in our region, has been produced collaboratively by eleven hospices in the Yorkshire and Humber region, including children's and adult hospices, to raise awareness of hospice care.

St Gemma's Chief Executive, Kerry Jackson explains: 'Hospices touch the lives of thousands of people each year and we were keen to get this message out to a big audience. Working together with our fellow independent hospices from the region has enabled us to create a professional TV commercial and reach audiences we would individually struggle to reach. The cast in the final advert is made up of real hospice people: doctors, nurses, patients and their families, volunteers, fundraisers, housekeepers and even a pet therapy dog!'

This is an opportunity to connect with people who may not know about our work in their area and to highlight that hospices only exist thanks to the amazing support of people in their local communities.'

See inside for more about 'the stars of the show!' The advert will air on ITV (Yorkshire and Humber) throughout March 2019. To view it online and hear more from behind the scenes, please visit: www.st-gemma.co.uk/thank-you

Right now St Gemma's is providing important care, comfort and support, helping thousands of patients and families to make the most of the precious time they have left.

"When St Gemma's came into my life you were a real beacon of light. You've enabled me to get the best out of the life I'm living."

Ann, Community Patient



TOGETHER
we can continue to make sure
people like Ann get the vital help
they need.



Become our Friend on Facebook
www.facebook.com/st.g.hospice



Follow us on Twitter
www.twitter.com/stgemmahospice

Registered Charity No. 1015941

PTO to make a donation to brighten
patients' lives...

Visit St Gemma's without a referral

St Gemma's Day Services are developing – so that we can reach even more people who need our support. Patients can now benefit from St Gemma's services without the need for a referral from a doctor or advance booking. Our weekly drop-in service on Mondays is proving popular and is open to anyone with a life-limiting illness or a family member. Drop-in for advice, information and therapies in a safe, relaxed environment. There are also presentations for patients and carers about what is available for them through the Hospice and in the community.

A new programme of events is now advertised through the website, on booking site 'Eventbrite' and across St Gemma's social media channels, as well as on information boards in Day Services.

If you or someone you know would benefit from our support, please drop-in on a Monday (9.30am - 3.30pm), call 0113 218 5294 or visit www.st-gemma.co.uk/day-services/drop-in for more details.



New Year, Volunteer!

This time of year sees a lot of people's thoughts turn to how they might improve their lives, and those of others, in the year ahead. If your New Year's resolution is to volunteer, then why not join the St Gemma's team?

We have a wide variety of roles on offer such as: helping in our charity shops, lending a hand at our fundraising events and directly supporting patients and their families.

So whatever your interests, whatever skills you're looking to share or learn, and however much time you have to spare, you can make a difference to the end-of-life care St Gemma's Hospice provides.

Why volunteer for St Gemma's?

- Meet new people
- Receive a full induction and training
- Learn new skills and improve your CV
- Receive support from a dedicated Supervisor
- Make a valuable contribution
- Offer of travel or lunch expenses
- Invitations to volunteer thank you events

Visit www.st-gemma.co.uk/volunteering or contact our Volunteers Coordinator on 0113 218 5193 or volunteering@st-gemma.co.uk

Forever Flowers

After the success of last year's Forever Flowers Appeal we are pleased to announce that we have commissioned a new Forever Flower for 2019. They will be officially launched in May and will also be on display at the Open Garden event at St Gemma's on Saturday 15 June.

To receive more details hot off the press, please register your interest at <https://events.st-gemma.co.uk/foreverflowers> phone Sophia on 0113 306 9170 or email sophia.last@st-gemma.co.uk

The stars of the new hospice TV advert

"Hello, I'm Ann and I am currently being supported by the amazing team at St Gemma's. I visit the Day Hospice most weeks and it really is a lifeline for me. When I first started coming about two years ago, I was thinking 'Go to a hospice? No way!' but now I really value its presence. It's not serious, you can have a laugh. It can be as light hearted as you want. I think for me it is the support aspect. When they asked for 'extras' for the TV commercial I thought 'why not!' It was lovely to meet all the other hospice people on the day of filming and to see how many amazing people go into providing hospice care."



Ann

"Hi, I'm Jane and I work at St Gemma's as a housekeeper. I love my job, meeting nice people and talking to patients and their visitors. I take pride in keeping the Hospice clean and tidy. We provide fantastic care so it's only right that the buildings are cared for in the same way. People really appreciate that. It smells clean and fresh and it's a lovely environment to work in. I was excited to be part of the TV advert and it was fun to be filmed on the day. It was like a big family get-together."



Jane

"My name is Malcolm and I have volunteered for St Gemma's for many years. I really feel that I am very fortunate and privileged to be one of the many wonderful volunteers and I get back a lot more than I put in. My everyday problems evaporate after helping out, particularly when interacting with patients whilst doing the ward shopping. I always remember a wonderful quote from a patient who described St Gemma's as 'a hotel run by angels.' That to me sums up the care and support which the Hospice provides.



Malcolm

So many people go into making a hospice tick. It's not just the doctors and nurses; it's also the chefs, the receptionists, the maintenance teams and everyone else who keep things running smoothly. We all have our own experiences of hospices and that's what brings us all together.

knit-a-chick

Knitted chicks are flying back for 2019! Can you knit us some of our lovely knitted chicks to be sold this Easter? They will be filled with a creme egg and sold as an Easter treat with all proceeds going towards patient care. If you can't knit, why not make a donation of chocolate creme eggs? Find the pattern here: <https://events.st-gemma.co.uk/events/knit-a-chick/> and for more information **contact Maria on 0113 218 5196.**



Raising funds to support patient care...

Spring Fair Saturday 16 March, 11am-4pm at St Gemma's Hospice

Our annual Spring Fair hosts lots of stalls, games, refreshments and entertainment including Gemma the Giraffe, fairy door trail and large plant stall. If you would like to donate items, book a stall or volunteer, [contact Laura](#).

London to Paris Cycle - Information Evening

Wednesday 20 March, 6pm at St Gemma's Hospice

Come along for a French evening of cheese and wine whilst meeting Team St Gemma's who are organising this incredible cycle challenge that is taking place in September. There is no obligation to sign up to the challenge, just turn up to find out more! [Contact Emma](#).



Leeds Highest Abseil Saturday 23 March, 10am – 3pm, CLV Building, Leeds City Centre

Have you got a head for heights and think you could abseil 300ft down one of the highest buildings in Yorkshire? Sign up today and see if you can dare the drop! [Contact Pete](#).

Swim the Channel Pool Challenge 1 April to 24 June



Over 12 weeks or less challenge yourself to swim the equivalent 21 miles of the channel crossing, whilst raising money for patient care at the Hospice. For a swim guide and fundraising pack [contact Emily](#).

Skipton Castle donating entry fees Good Friday, 19 April 2019

For the 33rd successive year, Skipton Castle is donating all the Good Friday admission charges to charity, with St Gemma's Hospice receiving 50%. It's sure to be an excellent day out! [Contact Becky](#).



Bubble Rush Saturday 27 April, from 11am at Harewood House

Come and join us for the biggest, best and most bubble-tastic family-friendly 5k fun run of the year. Get your family, friends and colleagues together as you run, hop, walk or skip through our four different coloured bubble stations on the fun run with a big difference. [Contact Pete](#).

Just One Day Friday 17 May



The Lord Mayor and Lady Mayoress of Leeds, Councillors Graham and Pat Latty, invite you to take part in 'Just One Day' and raise funds for the Lord Mayor's Appeal, which this year is supporting St Gemma's Hospice. We have a fundraising pack filled with ideas, posters, games and stickers. To request your pack and start arranging your day, [contact Maria](#).

Turn Back Time Ball Saturday 18 May, 7pm till late, Leeds United Centenary Pavilion

Get your dancing shoes on and join us as we dance through the ages at our annual Turn Back Time Ball. Tickets are £40 and include a sparkling reception followed by 3 course meal, games, raffle, auction and dancing until late. [Contact Lucy](#).

St Gemma's Annual Golf Day Wednesday 12 June, Moor Allerton Golf Club

Swing into action! Teams of four are £400 and sponsorship packages are available. Includes lunch, 18 holes of golf, dinner and prizes. [Contact Becky](#).



St Gemma's Open Garden Saturday 15 June

Have you seen St Gemma's beautiful award-winning garden before? Come along to our Open Garden event to see the garden in its full glory! This is the one day a year the garden is open to the public therefore shouldn't be missed! [Contact Maria](#).

Yorkshire 3 Peaks Saturday 22 June

Interested? Join us at the Hospice on **Tuesday 5 March** at 6pm to find out everything you need to know about the challenge. Meet your mountain guides, get insider training tips and chat to other people who are interested – come along on your own, with friends, family, or your workmates! For more information [contact Maria](#).

Windermere Row Saturday 29 – Sun 30 June, Lake Windermere

Our annual sponsored row is back again for another oar-some year. Taking place in the stunning surroundings of Lake Windermere, we're looking for teams of 2, 4, 6 or 8 to take on a 10 or 21 mile sponsored row on the lake. [Contact Pete](#).

www.events.st-gemma.co.uk

Other ways to support us...



London to Paris, Cycle for St Gemma's
Join us for this iconic 6-day international challenge cycling through beautiful Kent countryside, traditional French market towns and the rolling fields of Northern France finishing with a celebratory fizz finish under the Eiffel Tower. We'll take care of accommodation, meals, transport, mechanical support, route markers and much more, and support your fundraising every step of the way - leaving you to just focus on tackling 300 miles of cycling over 4 days!

Come along to the Information Evening (see opposite) & find out more about this incredible challenge. For more details or to book onto the Information Evening [contact Emma](#).

'You're Hired' Corporate Fundraising Challenge - Think you could run rings around Lord Sugar's 'The Apprentice' candidates? Why not take on St Gemma's very own Apprentice-themed fundraising challenge: 'You're Hired'. For more information about this fun team-building challenge, [contact Catherine](#).

Win a Suzuki Swift Attitude in our Spring Raffle!



Our 2019 Spring Raffle features our best ever prize – a brand New Suzuki Swift Attitude. There are nine other great prizes up for grabs. Tickets are £1 each. If you have not received any raffle tickets with this newsletter or for additional tickets please [contact Becky](#).

Open Your Garden - Are you a green fingered gardener who would like to support our Open Your Garden scheme? Simply open your garden to the public in return for a donation. Provide some inspiration to gardeners this summer! For more information [contact Maria](#).

SAVE THE DATES!

- Sunday 7 July
Summer Fête at the Hospice
- Saturday 20 July
Gfest, Glebelands Playing Fields, Garforth
- Saturday 3 August
Family Fun Day & Classic Car Rally, Temple Newsam
- Saturday 5 October
Autumn Fair at the Hospice
- Saturday 30 November
Winter Ball at Leeds United Centenary Pavilion
- Friday 6 & Saturday 7 December
Christmas Market at the Hospice
- Sunday 8 December
Light up a Life at the Hospice

Contact Details

Becky 0113 218 5296 or beckyb@st-gemma.co.uk
Catherine 0113 218 5537 or catherine.m@st-gemma.co.uk
Emma 0113 218 5570 or emma-h@st-gemma.co.uk
Emily 0113 218 5559 or emilyc@st-gemma.co.uk

Laura 0113 218 5197 or laurah@st-gemma.co.uk
Lucy 0113 218 5580 or lucyw@st-gemma.co.uk
Maria 0113 218 5196 or mariaw@st-gemma.co.uk
Pete 0113 218 5505 or petew@st-gemma.co.uk

General: 0113 218 5555 fundraising@st-gemma.co.uk
www.events.st-gemma.co.uk

Be part of our future...

Last year St Gemma's received 67 gifts in Wills, ranging from £100 to £224,718.

Gifts in Wills cover the costs of caring for one in five of our patients. Without these special gifts this care simply couldn't exist.

At an incredibly difficult time, St Gemma's means so much to patients, families and friends.

"From managing someone's pain, to looking after their emotional, spiritual and social needs, St Gemma's supports the whole person, helping them to live their life to the full."

Laura, Senior Sister

"Every single member of staff that my family and I saw, spoke to, and who cared for my dad, were amazing - from the doctors to the cleaners, to the kitchen staff and receptionists, everyone made us welcome!" Patient's son

"They don't just care for me; they've got my family's interests at heart too. That is such a relief for me." St Gemma's In-Patient



A gift of just 1% of your estate can make a huge difference, helping to care for generations to come. For more details please contact Tara on 0113 218 5506 or email tarab@st-gemma.co.uk



Are we grateful? Not half!

Huge thanks to the Yorkshire Evening Post and its wonderful readers for its continued support of local hospice care via the Half and Half Appeal. The Appeal, which appears in the newspaper every day and has been running for 37 years has raised almost £3 million for Leeds' hospices since it began. Pictured here, the Yorkshire Evening Post's Editor, Hannah Thaxter presents cheques for £7,737 to each Hospice.

Be a Facebook fundraiser!

Did you know that if you are a Facebook user you can set up a fundraiser on your page for a special occasion? Friends will see your post, donations will come directly to the Hospice and Facebook will even make a small donation to get you started!

For other ways that you can support St Gemma's while you celebrate a special birthday, wedding, anniversary or any other occasion visit www.st-gemma.co.uk/in-lieu-of or contact Sophia on 0113 306 9170 or sophia.last@st-gemma.co.uk



We really want to communicate with you and keep you posted about news, events and updates from across St Gemma's. We also want to show you how your support benefits local patients and their families. But we respect your decision if you wish to change how we send you information, or choose not to hear from us at all. Ring us on 0113 218 5555, email supportercare@st-gemma.co.uk or update your preferences online: www.st-gemma.co.uk/mydata

Be part of our future... set up a monthly donation to St Gemma's Hospice. Visit www.st-gemma.co.uk/monthly-donation or call Tara on 0113 218 5506