

News

FOR ST GEMMA'S SUPPORTERS
SPRING/SUMMER 2024



**St. Gemma's
Hospice**
Always caring

Every day matters

At St Gemma's Hospice, we know how every day counts for patients and their families.

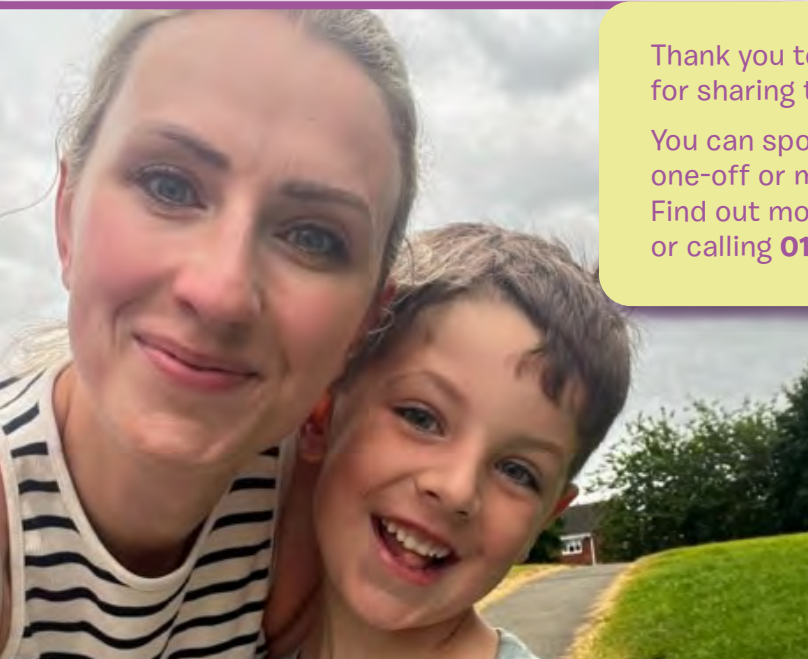
Fran valued every day that she spent with her dad whilst he was in St Gemma's care. She appreciated more than ever that each day counts, and when her dad sadly died, she focussed her energies on raising enough money to pay for a day of care at the Hospice – spurred on by her 7-year-old son, Sonny.

Fran explained: "When my dad died after receiving amazing care from the St Gemma's team, we were keen to do something positive for the Hospice. We were so grateful for every day we had with dad, and for the comfort and peace St Gemma's provided to our family, particularly in his final days. So Sonny and I decided to fundraise to pay for a day of care – so that someone else could benefit from the incredible round-the-clock support we received.

"Sonny adored his grandad 'Pops', as did the other grandchildren, and we were determined to do something in dad's honour. St Gemma's cared for dad for 42 days, so we decided to get sponsored to run 42 miles over 42 days.

"St Gemma's cares for patients and their families who are experiencing the most difficult days of their lives. Giving the gift of a day of care felt like it helped turn our grief into something positive, creating a lasting impact in dad's memory.

"We chose a special day, the birthday of one of Pops' other beloved grandchildren, and sponsored that day. We visited the Hospice and it brought us huge comfort. Dad's loss is still very painful but it really helped to give something back to the Hospice and do something so personal in his honour."



Thank you to Fran, Sonny and their family for sharing their story.

You can sponsor a day of care with a one-off or monthly donation.
Find out more by **scanning this QR code**, or calling **0113 218 5555**.



Visit our Website
www.st-gemma.co.uk



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



Follow us on Twitter
www.twitter.com/stgemmahospice



Follow us on Instagram
[@stgemmahospice](https://www.instagram.com/stgemmahospice)

Give a monthly gift to St Gemma's

Your name:

Address:

Postcode:

Telephone:

Email:

☐ Please tick to receive occasional updates and fundraising news by email.



I would like to give a monthly donation of £ _____

Starting on **1st** or **22nd** (please circle) of _____ (month)

Instruction to your Bank or Building Society to pay by Direct Debit. Please fill in the whole form and send it to: St Gemma's Hospice, 329 Harrogate Road, Moortown, Leeds, LS17 6QD

Name and full postal address of your Bank or Building Society:

Service User Number

6

4

8

7

0

4

To: The Manager

Bank/building society:

Address:

Postcode:

Name(s) of Account Holder(s)

Bank/Building Society account number

Branch sort code

Reference (for office use only)

Instruction to your Bank or Building Society

Please pay St Gemma's Hospice Direct Debits from the account detailed in this Instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this Instruction may remain with St Gemma's Hospice and, if so, details will be passed electronically to my Bank/Building Society.

Signature(s):

Date:

Banks and Building Societies may not accept Direct Debit Instructions for some types of account.



FUNDRAISING
REGULATOR

Registered Charity No. 1015941

Sign up for gift aid or give a one-off gift overleaf →

Give a single donation by cash, cheque or card

I would like to give a donation of £ _____

Your details (please complete so that we can thank you)

Title:	First Name:
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Surname:

Address:

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Postcode:

Telephone:

Email:

☐ Please tick to receive occasional updates and fundraising news by email.

☐ I am supporting St Gemma's with a gift in my Will.

I enclose: ☐ cash ☐ cheque (made payable to St Gemma's Hospice) or ☐ please debit my card detailed below:

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Expiry Date:

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 Security No:

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(last three digits on back of card)

Signature:

Date:

Add 25% to the value of your donation with Gift Aid

☐ I am a UK taxpayer and I would like St Gemma's Hospice to treat any donations I have made in the past 4 years, today and any future donations as Gift Aid donations, until I notify you otherwise. I understand if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year, it is my responsibility to pay any difference.

Gift Aid is reclaimed by St Gemma's Hospice from the tax you pay for the current tax year. Your address (provided above) is needed to identify you as a UK tax payer. Please let us know if you want to cancel this declaration, change your home address or no longer pay sufficient tax.

Please return to: **St Gemma's Hospice,**
329 Harrogate Road, Moortown, Leeds, LS17 6QD

Alternatively you can donate online at:
www.st-gemma.co.uk/online donation

My data - we take your data and privacy seriously. To update your information or change how we contact you, please call **0113 218 5555** or visit **www.st-gemma.co.uk/mydata**. Our full privacy policy can be found online at **www.st-gemma.co.uk/privacy**

Kerry Jackson, Chief Executive awarded OBE in King's New Year honours

We were delighted to learn that our Chief Executive, Kerry Jackson, was awarded an OBE in the King's New Year Honours list for services to palliative and end of life care.

Kerry has been an integral part of St Gemma's Hospice since 2010, leading the organisation with an unwavering commitment to delivering the highest quality palliative and end of life care, education and research. Her focus is always on making a difference to the lives of patients and their families and ensuring that the Hospice's services are accessible to anyone who needs them. Under her leadership, the Hospice has flourished achieving an outstanding CQC rating (twice), ranking in the top tier of the best and most inclusive companies to work for, and becoming the world's first University Teaching Hospice. St Gemma's is recognised locally, nationally and internationally for its pioneering approach.

Kerry Jackson said: "I am humbled and honoured to receive this OBE. It is a privilege to lead this incredible Hospice and work with an outstanding team of staff and volunteers every day, totally committed to providing the best possible palliative and end of life care for local people with life threatening illnesses. It is very much a team effort and I am delighted to share this moment with all the team. I would also really like to thank the incredible Leeds community who tirelessly help to raise the funds needed to run the Hospice. None of it would be possible without them, so I accept this honour on their behalf too."

St Gemma's Chair of Trustees, Philomena Corrigan said: "I was delighted to hear that Kerry had been awarded this special honour. Her dedication to the Hospice and wider palliative care movement has been outstanding and we are so pleased that her efforts have been recognised. On behalf of the Trustees, staff and volunteers, I send my sincerest congratulations to Kerry on her OBE."



Our vegetable haven

We're delighted to introduce the latest addition to our Hospice grounds - the newly established vegetable and therapy garden.

This project has transformed an area of the gardens, expanding the existing kitchen garden and creating a dedicated therapeutic space for patients and visitors to enjoy.

The garden now boasts a vegetable patch, a fruit tree orchard, and elevated planting beds, all skilfully designed by our dedicated gardening volunteer, Sarra.

Sarra explained: "I began volunteering in the Hospice gardens two years ago, while studying Garden Design Level 1 at Shipley College. As part of the course, I needed to design a real garden so when I heard that the Hospice was going to develop this new vegetable and therapy garden, it was the perfect opportunity for me to put my skills into action. I worked closely with the gardening and estates team and the guiding vision for the vegetable and therapy garden was 'A place to provide therapy, create sustainability and leave a lasting legacy.'"



The first produce from the vegetable patch has been harvested and delivered to Melvin's Bistro, where it has been prepared for the enjoyment of patients, staff and visitors.

"It was a true team effort to clear the area and bring the plan to life. Fellow volunteer John did some of the heavy lifting and joked "who needs a gym?!" We're also incredibly grateful to local contractors, Shanco, who kindly supplied materials and additional labour.

"The planting areas are all elevated so patients can be seated when tending to the beds. And the finished U-Shaped design allows access for wheelchairs and beds. I'm really happy with how it has turned out."

Thanks to Sarra for her incredible efforts. We can't wait to see how the area matures and to see patients enjoying the therapeutic benefits of gardening this spring and summer.



Why not join our volunteer team today?

We have a variety of roles across the organisation, from supporting our retail department, helping in fundraising or working with clinical teams to support patient care. Visit www.st-gemma.co.uk/volunteering or email volunteering@st-gemma.co.uk

In the heart of your community



We were delighted to finally open our 25th St Gemma's charity shop in Seacroft recently. The Hospice's Chief Medical Officer, Dr Mike Stockton, cut the ribbon and welcomed the crowds of enthusiastic customers! We have been blown away by the support we have received from the Seacroft community so far.

With lots of bargains, accessories and designer pieces, it's definitely worth a visit. We are located just by Tesco Extra at Seacroft Green Shopping Centre.

In the last year, 369 people from the Seacroft area were referred into St Gemma's Hospice services. Most of those people were supported at home by the Hospice's specialist community team, who collectively made 689 visits to the Leeds 14 area over the last 12 months.

Many patients attended St Gemma's Out-Patients at the Hospice in Moortown. St Gemma's are also part of a project working with other partners in the Seacroft area with the aim of offering advice to local people with a life limiting condition so they can plan their future and access appropriate support.



We are hospice care...



Every day our whole team work around the clock to ensure that patients and their loved ones receive the best possible care and support.

This could mean pulling out the stops to help admit a patient to the Hospice in the middle of the night, helping to fulfil a patient's final wish by arranging a wedding or family reunion, or even something simple like preparing a midnight snack of tea and toast, which can make a world of difference.

Hospice care doesn't just take place in a building - it's a whole ethos of caring for people, wherever they want to be cared for. Hospice care is for everyone, irrespective of your background, religion or diagnosis. Hospice care is free to patients and their families, but not free to provide.

We are all hospice care – and as a valued supporter of St Gemma's, that includes you.

We are caring for people as individuals

Karen is one of St Gemma's Consultant's in Palliative Medicine and explains: "Our patients are so much more than their illness. Every person comes with a different story and has unique needs, and the whole team get to know the individual so that their care can be tailored accordingly.

"Not all of our patients have cancer, many have heart or lung disease or neurological conditions such as motor neurone disease. We not only take care of patients' physical needs, we consider their emotional, cultural and social needs too. And we support families and loved ones during the illness and through bereavement.

"It is a true team effort involving medical and nursing teams but also therapists, social workers, a catering team, admin staff – whoever we might need to call on to help support the individual's specific needs.

"I might be involved in managing a patient's medical needs such as controlling their pain or other symptoms, but helping them to have a warm bath or supporting them to have a difficult conversation with their family could be just as important to them."



Karen is currently training for the London Marathon and is fundraising for St Gemma's. You can sponsor Karen here:
www.justgiving.com/page/karen-amy-1704214533528

We are **enabling people to stay at home**

Lizzy is one of St Gemma's community nurse specialists. She said: "Most Hospice patients prefer to stay at home during their illness and our community team of doctors, therapists and nurses support them and their families to make this possible. Home for some people may be in a care home or hostel – so we support them wherever they want to be.

"Whether it's helping to manage symptoms or planning for the future, we 'tune-in' to each patient to understand their wishes and help them feel supported and comfortable."



We are **living life**

Anna currently receives support from St Gemma's as an Out-Patient. She may drop in to ask advice from a doctor, attend a wellbeing session or have a complementary therapy, all in a warm and friendly environment. For Anna, hospice care is about feeling as well as possible for as long as possible.

From our physiotherapist-led seated exercise class to our creative art therapy and stop and chatter sessions, patients like Anna can access support to live confidently at home and maintain their quality of life at any stage of their illness.



We are **Leeds**

We need to raise over £20,000 a day to run all of our services and we rely on the support and generosity of the local community to help us achieve this. From fundraising to employee volunteer days, our corporate volunteers, like Leeds Building Society, help to keep St Gemma's at the heart of the Leeds community. Every penny raised in Leeds supports patients and their families across Leeds.



We are **only here thanks to you**

Scan here to
watch our
latest video to
hear more.



Tell us your story ...

We are so thankful when you share your personal experiences of St Gemma's care. It helps us to tell the story of how the Hospice can make a difference. You can share your story online on our Hospice Stories page. Visit www.st-gemma.co.uk/hospicestories.

Raising the funds to support patient care...

In the year ahead, the total running costs of the Hospice will be over **£14 million**. We have to raise much of this as a charity which equates to over **£20,000** per day. We can't do this without your support and in today's difficult economic conditions, we depend more than ever on your commitment and generosity.

**There are so many ways to support St Gemma's Hospice.
Here's how you can get involved in 2024:**

St Gemma's events

We have a whole host of fantastic events coming up for all the family. From sponsored walks, cycles and runs, to music festivals, golf days and our flagship Winter Ball. Or take on a challenge such as a trek, skydive or wing walk and raise sponsorship money to help patients and families through their own challenges this year.

Fundraise at home or at work

A really fulfilling and enjoyable way to help. Organise a bake sale, pub quiz or hold a dress-down day at work. Our team can support you with your fundraising efforts.

Make a regular donation

Regular gifts mean a predictable income for the Hospice. A monthly contribution, however large or small, will help to provide expert care and support to patients and their families all year round.

Shop with us

Visit one of our 25 charity shops across Leeds and donate items for sale or bag yourself a bargain. We also have a whole world of retail therapy online: www.st-gemma.co.uk/shop-online

Volunteer with us

Our volunteers are invaluable to us, and we're always looking for new recruits to join our 700+ team of Hospice Heroes. Whatever your skill, or whatever area you are interested in helping with, we'd love to hear from you.



Play our lottery

Play our weekly lottery and be in with a chance of winning £2,000 every single week – along with 200 other cash prizes. Plus there's a rollover that can reach as high as £25,000!

Remember someone special

Make a donation in-memory of a loved one, set up a memory page, or sponsor a special day of care.

Leave a gift in your Will

Leaving a gift in your Will to the Hospice, no matter what size can help more people to be supported through the most difficult times of their lives. Leave a legacy of care, compassion and expertise.



DATES FOR YOUR DIARY:

Various dates **Skydive for St Gemma's**

21 April **Leeds Running Festival**

22/23 April **36-hour fundraising appeal**

12 May **Leeds Marathon & Half Marathon**

8 June **Open Gardens at St Gemma's Hospice**

June to September **Open your Gardens**

13 June **Golf Day**

15 June **Yorkshire 3 Peaks Walk**

22/23 June **Total Warrior & Junior Warrior**

29 June **Sunset Walk**

4 July **Way of the Roses Cycle**

20 July **G-Fest Music Festival, Garforth**

30 November **Winter Ball, Royal Armouries**

8 December **Light up a Life**

GET IN TOUCH



Donate: **0113 218 5555**

Events: **0113 218 5570**

Events: **events.st-gemma.co.uk**

Email: **fundraising@st-gemma.co.uk**

Lottery: **Freephone 0800 316 0645**

Volunteering: **0113 218 5500**

Ways to help: visit

www.st-gemma.co.uk/how-you-can-help

or scan the QR code to the left



Thank you for supporting St Gemma's care and making a difference.

Easter Knits

Our cute knitted chicks are back by popular demand. You can help by donating some chocolate eggs to fill them, or buy them from our charity shops or the Hospice reception.

For more information contact Sarah on 0113 218 5559.



Here for the whole family

St Gemma's is here to continue caring for you after your loved one's death.

Even if you were bereaved several years ago, our bereavement support service is available to all families, friends and carers of patients who were supported by St Gemma's Hospice either in the community or on our In-Patient Unit.



If you feel you would benefit from speaking to a counsellor or taking part in a group session, find out more at www.st-gemma.co.uk/bereavement-support or call our Bereavement Team on **0113 306 9167**.

Celebrating Gifts in Wills

The incredible total from these gifts could fund:

- ♥ Care for **297** patients, based on the average cost of caring for an individual patient referred to our services
- ♥ The cost of providing all our services and activities for **1,857** hours
- ♥ **7,725** visits from a St Gemma's community team member to a patient in their own home, providing clinical advice and support
- ♥ **19,314** bereavement support sessions for someone struggling to cope with the loss of a loved one
- ♥ **25,752** complementary therapy sessions for patients, or carers, which could include a massage, aromatherapy or hypnotherapy to relieve stress and anxiety



We are so grateful to all our wonderful supporters who choose to remember the Hospice in this special way. To find out more about leaving a gift to St Gemma's in your Will, visit www.st-gemma.co.uk/yourlegacy, or contact Katy at individual.giving@st-gemma.co.uk or call **0113 306 9165**.

Meet our new Research Practitioner

The Academic Unit of Palliative Care is a partnership between St Gemma's Hospice and the University of Leeds. The Academic Unit trains health professionals from across the city, runs in-person and online palliative care training courses for professionals, and carries out research, the results of which are used to improve patient care.

Rachel is our new Research Practitioner, working as part of the team to manage research projects and encouraging participation from patients, carers and healthcare professionals.

Rachel said: "Research helps us to improve best practice and clinical decision-making, and develop and test new treatments and services in palliative and end-of-life care. I'll be working closely with universities, on the Hospice wards and out across the community speaking to patients and caregivers about our projects. We are always looking at ways to innovate and improve and the patient's experience."

Find out more about the Academic Unit of Palliative Care: www.st-gemma.co.uk/academicunit



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

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