

Autumn 2007



St. Gemma's Hospice, Leeds

newsletter

To a St. Gemma's nurse, every day for every patient matters...



Hospice care is based on a simple idea – that the person is more than the illness. The essential care provided by St. Gemma's nurses is the glue which holds together the Hospice as a whole, complementing and underpinning its range of other services. To a St. Gemma's nurse, every day for every patient is precious and matters. The hard work, dedication and compassion shown by our nursing team is highly valued by all who come into contact with the Hospice.

St. Gemma's team of dedicated nursing staff function in different ways throughout the Hospice and the local community. The staff nurses on our two In-Patient wards provide skilled nursing care around the clock to hundreds of people every year, including symptom control and pain relief, making patients as comfortable and pain free as possible. Our team of St. Gemma's community nurses make visits to patients who wish to remain in their own homes for as long as possible, providing practical and emotional support not only to the patients themselves but entire families struggling to come to terms with the changing needs of a loved one. Within the Day Hospice, St.

Gemma's nurses are able to welcome 12 patients each day, allowing them to sustain an improved quality of life whilst living in their own homes. The nurses create a unique opportunity for socialising and enjoying activities such as art therapy with others sharing some of the same experiences.

The photograph above shows one of our dedicated nursing team. She is pictured with one of our state of the art profiling beds which have been available to all of our in-patients for the last two years, affording them more comfort and manoeuvrability than conventional beds. Whilst every aspect of our work is important, it is our in-patient unit where patients receive the most intensive of care which is the most costly part of the services we provide. All the care that St. Gemma's offers is free of charge to patients and their families, so we really do rely on your support to help us raise over £6.5 million each year to provide these services.

We would like to take this opportunity to thank you for your support and to explain how your generosity can ensure our nurses make every day for every patient matter.

If you would like to sponsor a nurse or a day of care at St. Gemma's, you could send a straightforward donation or arrange a fundraising activity with friends and family to fund your sponsorship. This newsletter will give you lots of ideas for raising money.

Please complete the following form and return to: St. Gemma's Hospice, 329 Harrogate Road, Moortown, Leeds, LS17 6QD.

I would like to:

Sponsor a Day Hospice / In-Patient unit nurse for £90

Sponsor a visit by a St. Gemma's community nurse for £120

Sponsor a day of care for a patient in our In-Patient unit beds, for £325

This includes everything from a patient's food and medication to the intensive care provided by our nurses, doctors and therapists each day.

I enclose a cheque for £.....

Title:

Name:

Address:

Town:

Postcode:

Tel:

e-mail:

Please make all cheques payable to: St. Gemma's Hospice.

For further information about sponsoring a nurse or day of care at St. Gemma's, paying with a debit or credit card or organising a fundraising event on behalf of St. Gemma's Hospice, please call 0113 218 5555 or visit www.st-gemma.co.uk.

Registered Charity No. 1015941

Autumn

'Season of mists and mellow fruitfulness'

Keats knew autumn as the season of ripeness and abundance when we are most aware of the bounty of the earth. It is therefore a season for thankfulness and a good time to reflect on the fact that we have what we need to give us nourishment for the bleak and barren times. Harvest festivals remind us of this abundance. However we are perhaps less aware of this seasonal bounty than in former times not only because of climate change but global markets mean we have abundance on the supermarket shelves all year round.

Autumn is also a time when we are more conscious of letting go. As we watch the changing colours and the leaves forming a carpet of russet, gold and brown we are made aware of our own vulnerability. The trees remind us of the truth that all things are passing and even in the passing there is beauty. Autumn helps us to realise, if somewhat reluctantly, that death is a natural part of the cycle or rhythm of life. The leaves that fall to the earth form the mulch that nourishes the earth and roots. The changes in the seasons are symbolic of the changes that happen in our hearts too as those who have experienced the sadness of grief and loss will know personally. The season of Autumn is tinged with sadness but just as the leaves that fall nourish the tree so too our personal losses can enable us to grow and develop resources for the seasons that follow on the journey of life. Life does not come to a halt in autumn, it readies itself for what comes next. Autumn can indeed be a season of transformation.

Brigid Murphy



The St. Gemma's Hospice Newsletter is produced four times a year and is sent to over 23,500 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, e-mail: suel@st-gemma.co.uk or write to Sue Lakie, St. Gemma's Hospice, Freepost NEA 9320, Moortown, Leeds, LS17 7YY.

Occupational Therapy at St. Gemma's

At St. Gemma's, patients are cared for in many different ways and in a holistic manner. One of the important therapies that the Hospice uses to promote independence and dignity is occupational therapy.

The purpose of occupational therapy is to assist patients with the activities of daily living. For instance, the occupational therapist may see patients who experience difficulty getting washed, bathed and dressed, may struggle with shopping, cleaning, household chores or transfers off a chair, bed or bath, or need assistance to continue with leisure activities or hobbies. The occupational therapist will also help any patients who experience anxiety, fatigue or breathlessness as a consequence of their illness.

As part of the Day Hospice renovations that will be taking place over the coming months, an additional space for the occupational therapist to provide care will be created. The new Day Hospice and Out-Patients Centre will include a *snoozelen*. A *snoozelen* is a multi-sensory room that can be used by patients and/or their carers as a means of relaxation, stimulation, distraction and pain reduction.

The idea behind the *snoozelen* is that during illness, your world can become smaller and this multi-sensory room allows you to experience, remember and evoke feelings that are outside of that illness. Also, in many cases, the distraction of having your senses heightened, or anything that can occupy your mind can help to ease pain.



Multi-sensory room

The room will include ambient and varying lighting, a range of music and sounds and different textures to touch, amongst other things. A patient is most likely to use the room on their own, or with their carer, for anything from 20 minutes to 1 hour and the room will be altered entirely for the individual's needs, wants and wishes. We imagine that the *snoozelen* will be used predominantly by Day Hospice patients and out-patients, but it is also a service that the Hospice will be able to offer to in-patients and carers and family members.

The new Day Hospice and Out-Patients Centre at St. Gemma's is an opportunity for the Hospice to provide even more services for our patients, their families and carers.

For more information about Occupational Therapy or about the Day Hospice renovations, please contact us on 0113 218 5500.

Heartfelt Thanks

Thank you to everyone who has supported the Hospice over the past few months – they are too numerous to mention. From walking thirteen miles at midnight to organising a day of singing, money has been raised in all kinds of ways – THANK YOU!



Light up a Life 2007 by Tracy Dick

Each year since my parents died I have sponsored lights on the St. Gemma's Hospice Christmas trees in their memory. I always display the card I receive from the Hospice on my hall table and I like to think it reminds not only my family but all our Christmas visitors, that some special people are missing from my life at a time when you feel most emotional about these things.

This year I will have someone else special to remember, to miss and to long to have back in my life for just a few hours. My beautiful friend, Karen lost her long and sometimes painful battle against cancer on December 18th last year. It was just four days after her 41st birthday that she died on the Moors Ward in St. Gemma's.

In some ways I feel as though it isn't my sadness – after all, Karen has a loving husband and two great children. They have lost a wife and a mum, which is so much harder to bear than the loss of a friend. Karen's own mum had to watch her die as did friends who had known her much longer than I had. But I have learnt that grief is like love – it expands to fit the amount of people it touches.



Tracy and Karen at Disney World

We will all miss Karen in different ways. I remember my tall, capable friend to whom nothing was a problem and everything had potential for fun. I remember our joint family holiday in Florida, the many times we shared a bottle of wine, how she helped me with comfort and childcare when my mum and dad were ill. Karen was sensible and practical and gave good advice, which I miss so much.

So this year, I'll be sponsoring an extra light on the trees at St. Gemma's because friends like Karen are hard to find and I don't think



I'll ever be able to replace her in my life. I'll look at the trees and choose three of the twinkliest lights and imagine they represent my mum, dad and Karen. Being without loved ones is difficult all year round but it is at Christmas that you often need a little something extra to help you cope and that's where Light up a Life at St. Gemma's Hospice can play a part.

If you would like to remember a loved one this Christmas by sponsoring a light at St. Gemma's then please call 0113 218 5555 or visit www.st-gemma.co.uk.

Make a Will Month 2007

Many people dismiss the importance of making a Will and mistakenly believe that their assets will automatically pass to their spouses. By making a Will you can ensure that your loved ones are spared the extra burden of financial complications – your hard earned and valued assets will be protected and will pass to the beneficiaries of your choice.

A number of local solicitors around Leeds and the surrounding area have joined our Make a Will campaign and can help to ensure your wishes are carried out. During October we are pleased to offer you the opportunity to write, re-write or amend your Will for a special reduced rate. For just £50 you can have a straightforward single Will, or for £75 a straightforward mirror (double) Will, which is a saving of 20-30% (VAT is chargeable on these amounts).

Although you are not obliged to, you might want to consider leaving a gift in your Will to St. Gemma's which will help us continue the high level of care and support for people with life threatening illness and their loved ones.

Gifts to charitable organisations are tax free so can have a significant benefit to both your family and the charity.

For more information about leaving a gift in your Will to St. Gemma's or to request a free pack on making a Will, contact Gail on 0113 218 5506.

To take advantage of this October offer, fill in and cut out the coupon below and arrange an appointment with one of the participating solicitors from the list, letting them know you have a St. Gemma's Make A Will Month coupon to ensure you receive the special rate.

List of participating solicitors, location and telephone:

Bromet & Son	Tadcaster	01937 832371
Castle Sanderson	Crossgates	0113 232 1919
Clarion Solicitors	City Centre	0113 246 0622
Emsleys	Rothwell	0113 201 4900
Graham Stowe Bateson	Bramley	0113 255 8666
Hartlaw LLP	Wetherby	01937 547011
Irwin Mitchell	City Centre	0870 1500 100
Ison Harrison Solicitors	City Centre	0113 284 5000
Last Cawthra Feather	Ilkley	01943 601020

Lindley Clough	Pudsey	0113 257 0523
Milners Solicitors	City Centre	0113 245 0852
Morrish & Co	Yeadon	0113 250 7792
Richard Ellis & Co	Chapel Allerton	0113 228 4000
Ridings Law Solicitors	Ilkley	01943 885103
Spencer & Fisch	Crossgates	0113 264 7603
Stapleton Gardner & Co	Morley	0113 289 8484
Vaughan & Co	Adel	0113 261 1044
Whittles Solicitors	City Centre	0113 244 2216
Winston Solicitors	Roundhay	0113 268 8898

For full contact addresses see: www.st-gemma.co.uk

Entitlement Voucher

Please complete the voucher and hand it to the solicitor to qualify for the special rates



Title: Forename:

Surname:

Address:

Postcode:

Tel: e-mail:

St. Gemma's Hospice, 329 Harrogate Road, Leeds, LS17 6QD

Registered Charity No: 1015941

Forthcoming Events

The Roundhay Run – Saturday 22nd September
Join us in Roundhay Park for our annual sponsored 5 mile fun run for adults and 1 mile fun run for kids. This event is kindly supported by St. Theresa's AC and Complete Runner, Ilkley. Contact Rowan



Harewood Hike – Family Sponsored Walk – Sunday 23rd September

Last chance to take part in a St. Gemma's sponsored walk at Harewood! St. Gemma's Hospice are holding their annual family sponsored walk for the final time in the beautiful grounds of Harewood House on Sunday 23rd September. There are three routes to choose from; a 1.5 mile stroll, a 5 mile ramble or an 11 mile march. Contact Laura.

Dress Up, Dress Down for St. Gemma's – Friday 28 September

Please see next page for details.

White Rose Corporate Football Challenge League – October 2007 to March 2008

Please see next page for details.

World Hospice Day Tea At Two – Tuesday 2 October

There will be afternoon tea, stalls and entertainment from 2 to 4 p.m at St. Gemma's Prout Conference Centre in aid of St. Gemma's and our twin hospice in Bosnia Herzegovina.

Autumn Fair – Saturday 13th October

Our annual Autumn Fair, held at the Hospice, will take place between 10 a.m and 2 p.m. Stalls will be selling a variety of goods including jewellery, gifts, clothing, beauty products and bric-a-brac. Refreshments will be available and home grown fruit and veg will be on sale. Donations of items for our Bottle Tombola and baked goods are much appreciated. Contact Rowan.

Local Heroes Fashion Show – Wednesday 17th October

St. Gemma's Hospice have teamed up with Austin Reed, Leeds, to bring you a fashion show with a difference! The Local Heroes Fashion Show will take

place at 7.30 p.m at Gateways School Performing Arts Centre, Harewood and will feature local nurses, doctors, paramedics, firefighters and members of the police force, strutting their stuff on the catwalk in aid of St. Gemma's Hospice, and modelling Austin Reed's latest collection. For a ticket contact Rowan.

Jump for Gemma's – Sunday 21st October

St. Gemma's need you to make a leap of faith for the Hospice by taking part in 'Jump for Gemma's', sponsored parachute jump at Bridlington airfield. We would like to offer you the opportunity to make a tandem parachute jump from 10,000 feet in memory of a loved one, in celebration of life, or simply because you'd like to experience the sheer thrill and adrenaline rush of what we have been told is a life changing experience. We have up to 30 available places for this exhilarating event, which will be allocated on a first come first served basis. Contact Rowan.

Indoor Car Boot Sale – Saturday 27th October

If you fancy turning your unwanted items into spare cash, or enjoy rummaging for a bargain but don't fancy braving the Great British weather to do so, why not come along to our Indoor Car Boot Sale. The event takes place from 10 a.m until 2 p.m in St. Gemma's Prout Conference Centre. Cost of a pitch is £10, and entry to the public is by donation. Refreshments will be available on the day. Contact Rowan

Halloween Walk – Sunday 29th October

Join us for a sponsored Halloween Walk at Kirkstall Abbey from 3.30 p.m. The 1½ mile walk around the dramatic grounds of the ruined abbey is fully marshalled. Big and little kids are invited to come along for fancy dress, pumpkin carving, spooky games and ghostly goings on. Contact Laura.



Gift Sale Preview Evening – Thursday 1st November

Please see the Christmas Catalogue for details.

Christmas Gift Sale

– Friday 2nd, Saturday 3rd & Sunday 4th November
Please see the Christmas Catalogue for details.

Retro Fair – Saturday 10th & Sunday 11th November

Held in the Prout Conference Centre from 10 a.m to 4 p.m, there will be stalls selling a wide variety of vintage and collectible goods and even the odd antique. Contact Sarah.



Winter Ball – Saturday 24th November

Tickets are now on sale for the annual Winter Ball which will be held at Leeds United Conference and Exhibition Suite. Guests will be treated to a fizz reception, sumptuous 3 course meal, a live 5 piece band playing covers from the 60's to the present day, a DJ, chocolate fountain, spot prizes and more. Tickets cost just £38 each but as this is sure to be a sell-out, you need to book your tickets soon. Contact Elizabeth.

Santa Dash – Sunday 9th December

St. Gemma's Hospice's second sponsored Santa Dash will once again take place in Leeds City Centre. The event is a one mile fun run in which all participants must be dressed as Santa himself! The run includes a Big Santa Warm-Up, with hundreds of Santas performing aerobic activities to prepare for the run, not a sight to be missed! Come along and bring a bucket of Christmas spirit! Contact Laura.

Volunteer Appeal for Flag Day Collectors

We are looking for volunteers to help us collect at our Harrogate Flag Day on Saturday 6 October and Leeds Flag Day on Saturday 13 October. The success of both these events is dependent on the number of collectors we can get in the city centres and surrounding areas. We are also looking for entertainers for Leeds Flag Day to perform in Leeds city centre. If you can spare a couple of hours to collect at either event and in any area, please contact Anne.

Contact Numbers (Area Code 0113)

Anne	218 5565	Elizabeth	218 5575
Laura	218 5557	Sarah	218 5576
Rowan	218 5505		

St. Gemma's Hospice would like to assure people that those who undertake fundraising on behalf of St. Gemma's are asked not to collect sponsorship money door to door and supporters are requested only to ask for sponsorship money from those they are acquainted with. The Hospice asks that anyone who suspects a fundraiser to be collecting for their own gain, under the Hospice's name, does not hand over money before the sponsored event takes place and contacts St. Gemma's to confirm that they are a genuine fundraiser

Dress Up, Dress Down for St. Gemma's

On Friday, 28th September, we are launching 'Dress Up, Dress Down for St. Gemma's'. Whether it is at work, at school, at college or at the pub, we are inviting people to pay £1 and either dress up or dress down to raise money for the care and services St. Gemma's provides for our patients.

Pictured are colleagues from Clarion Solicitors who, as legal professionals, usually go to work suited and booted. They are only too happy to dress down for the day in support of their local Hospice and all think it is worth paying £1 for the privilege to do so.



Also pictured are Ray and Eugene from the Hospice's Maintenance Team and Hospice Chef, Richard, who usually spend their working days in very different attire but didn't have to be asked twice to join in this fun initiative. Perhaps you and your colleagues would like to dress up in fancy dress and maybe even theme your day. One company are dressing as pirates and another as super heroes – let your imaginations go wild! To find out more or to register your company, school or group of friends contact Elizabeth on 0113 218 5575 or e-mail: elizabethb@st-gemma.co.uk.



All St. Gemma's Charity Shops Are Wheelchair Accessible!

Thanks to the suggestions of a regular St. Gemma's Hospice shopper, St. Gemma's is pleased to announce that all 15 of its charity shops across the Leeds area are now wheelchair-accessible. Wheelchair friendly ramps have been provided at Roundhay, Oakwood, Harehills, Garforth, Morley, Chapel Allerton and Horsforth shops.

Although being wheelchair-bound, Elizabeth Brice has often shopped at the St. Gemma's Hospice charity shop in Chapel Allerton, with the staff bringing goods outside to show her. With the new ramp she will be able to go into the shop herself now. Mrs Brice said, "I feel that these improvements will ultimately bring in more money as access is there for a group previously unable to enter the shop."



Corporate Connections

A few simple ways that your company can support St. Gemma's Hospice...

1. Does your company buy specially printed corporate Christmas cards every year? If so, you could buy them through St. Gemma's and help raise money for the Hospice. We have a great corporate Christmas catalogue and would be happy to send one to you.
2. Does your company have a football team? Then take part in the White Rose Corporate Football Challenge League which starts in October at Soccer City. There will be a league of around 80 five a side teams who will compete over the 6 months to win the coveted cup and prizes. Kindly sponsored by Soccer City, White Rose Centre.
3. Entertain your staff and clients at our annual Winter Ball on 24th November. Only £38 per ticket. See previous page for details.

For information about any of the above please call Elizabeth on 0113 218 5575 or visit www.st-gemma.co.uk or e-mail elizabethb@st-gemma.co.uk.

and finally...

Congratulations to Christine Hannigan from Argos, White Rose Centre and Sue Abbott from Argos, Crown Point Retail Park for winning awards as two of the best fundraisers in the country. Both Christine and Sue have been crowned 'Hospice Heroes' by Argos as over the past 2 years they have worked tirelessly for their local Hospice, inspired their respective teams and raised over £10,000 between them for St. Gemma's. We are delighted that their hard work and dedication have been recognised.

St. Gemma's Hospice, 329 Harrogate Road, Leeds, LS17 6QD

Tel. 0113 218 5500 – Fax. 0113 218 5502 – email: postmaster@st-gemma.co.uk – Registered Charity No: 101594

World Hospice and Palliative Care Day

World Hospice & Palliative Care Day will be held on 6 October 2007. The purpose of the day is to share hospices' vision to increase availability of hospice and palliative care throughout the world, to raise funds to support and develop those worldwide services and to raise awareness and understanding of the medical, social, practical and spiritual needs of people living with terminal illnesses.

Since 1998 and begun by the Sisters of the Cross & Passion, a strong partnership has developed between St. Gemma's and its 'twin' hospices; Tuzla Clinical Centre and Njega Hospice in Bosnia & Herzegovina. As in the UK, palliative care seems to be a means of creating social cohesion because it touches us all at that place of vulnerability which defies division, our mortality.

Over the past 9 years, those involved in the twinning from St. Gemma's have come to understand that the responses to illness and death are universal and that the differences lie



only in the availability of resources and economic differences. Those visiting St. Gemma's from Bosnia and Herzegovina have come to understand that there are, and will be, continuing challenges.

At a recent visit to the opening of the new education centre, Sr. Brigid Murphy signed a twinning certificate with Tuzla Clinical Centre – a symbol of commitment to sharing good practice and continuing the twinning.

Super 'Super Stuffers'!

Why is St. Gemma's Hospice unique in the way it delivers this newsletter to your door? Well...

- Articles are submitted to the editor by staff and volunteers across the Hospice to ensure that all departments get a chance to tell you what is going on at St. Gemma's.
- The newsletter is designed by our IT Manager, Paul Williment.
- The newsletter is sent to the printers for 24,000 copies to be printed.
- Address labels are printed at the Hospice and then these are taken home, along with boxes of envelopes, by volunteers who stick the labels on the envelopes while they have a spare hour or two, while they're watching TV or while they're listening to the radio.

- Our team of 40 volunteer 'Super Stuffers' arrive on mailing day, are faced with tables piled high with newsletters, envelopes and any leaflets to be inserted and stuff your newsletter into the envelopes all in one day and all without complaint!
- On the same day, volunteers frank the mail, count the envelopes and put them all in mailing trays ready for collection.
- The following day, Royal Mail collect the 24,000 letters and make sure you receive your copy in one piece!

Our 'Super Stuffers' are amazing; mailing day is a hive of activity and chatter and without their hard work four times a year, we would not be able to get the St. Gemma's Hospice newsletter to your door!



St. Gemma's Charity Shops Win a National Award!

St. Gemma's Hospice's Alwoodley shop is celebrating this week after being named "Shop Team of the Year" at a recent awards ceremony.

The awards are held annually by the Association of Charity Shops – a national organisation that exists to support charity retailers.

Senior Shops Fundraiser at St. Gemma's, Vicki Burnett said, "We are all absolutely delighted that the Alwoodley shop team have been honoured in this way. They have had a tremendous year and have shown such amazing energy, good will, good humour and commitment – they really deserve to be acknowledged in this way."

Not only did the Alwoodley shop receive this award, but all St. Gemma's 15 shops were named as runners up for the highest average volunteer hour contribution and highest profit per shop per week. Vicki added, "This demonstrates the commitment shown by all our volunteers – and that our shops are great places to work!"

Year in Review 2006-7

St. Gemma's Hospice 'Year in Review' booklet is now available if you would like to find out what has happened at St. Gemma's this past year. For a copy, free of charge, please contact Laura on 0113 218 5557 or e-mail: laurar@st-gemma.co.uk.

Dear Catholic Post readers,

Some of you may receive this quarterly newsletter from St. Gemma's Hospice with your edition of the Catholic Post. From Spring 2008 we will stop inserting the St. Gemma's newsletter into the Catholic Post. We hope that you will want us to keep in touch so if you wish to continue receiving this newsletter and hearing what goes on at St. Gemma's, please call Sue Lakie on 0113 218 5555 or e-mail: suel@st-gemma.co.uk to ensure that we are able to send you a copy directly.

