

News archive October - December 2009

ARMY CAPTAIN'S BERLIN MARATHON RAISES £2000+ FOR HOSPICE

29 December 2009



Army captain Rebecca Drummond (28), has handed over more than £2000 raised by running through the streets of Berlin, as she took part in the fastest marathon in the world.

Capt Drummond, of the Royal Electrical and Mechanical Engineers, is currently attached to The Queen's Royal Hussars and is based at Sennelager in Germany, between Dortmund and Hannover. She comes from York, where her father runs Bishopthorpe Post Office.

She took part in the Berlin Marathon – the first she has run – in September, along with more than 40,000 other athletes, cheered on by a million spectators along a route that finished at the spectacular Brandenburg Gate in the heart of the city.

She chose to raise funds for the Hospice both because she knows it as a major local charity, and also because her grandfather was cared for at St Leonard's. She presented the money she raised in her run to Hospice Fundraiser Helen Moreton on a visit to the

Hospice.

Helen says, 'Rebecca did brilliantly, both in running her first Marathon so successfully and also in raising such a fantastic sum for the work of the Hospice. We are very grateful to her and to everyone who sponsored her'.

HOSPICE@HOME SERVICE LAUNCHED BY ST LEONARD'S

23 December 2009



York's St Leonard's Hospice has launched a new service – Hospice@Home, to help to care for local people in their own homes, and it is already caring for patients.

Initially set up as a one-year pilot scheme, Hospice@Home will work alongside a patient's existing care team, including the GP and District Nurse, to set up appropriate care at home if a patient is discharged from a hospital or hospice.

It may also help patients to stay at home in a crisis or an emergency, with appropriate resources, to prevent an unnecessary and possibly upsetting admission to a hospital, or until a hospice bed becomes available. And Hospice@Home will also provide support and care for patients who are at the end of their life.

Heading the Hospice@Home is Senior Sister Julie Pickerell, who has been appointed as Hospice@Home manager. She is heading a Hospice@Home team of specially-trained Hospice staff who will work in the community for the first time.

Julie says, 'Hospice@Home is trying to offer choice for the way people die; the Department of Health's 'End of Life' strategy is aimed at giving patients real choice. The team will assess and treat each patient or situation individually, so that we can provide the best possible support.'

'It's certainly a challenge we are determined to meet,' she says. 'Everyone at the Hospice is very much behind the Hospice@Home service, and we're looking forward to caring for people in the place where they so often seek our help – in their own homes.'

ARCHBISHOP RECORDS CHRISTMAS MESSAGE FOR ST LEONARD'S

23 December 2009



The Archbishop of York has sent a specially-recorded Christmas message to patients in St Leonard's Hospice, on Tadcaster Road in the city.

Dr Sentamu's message, which begins with the greeting 'Dearly beloved patients at St Leonard's Hospice, not far from Bishopthorpe Palace,' says that the message is to let the patients 'know that you are loved and you are going to be prayed for, as we regularly pray for you here at Bishopthorpe Palace.'

The Archbishop continues, 'Christmas is a time of celebrating the birth of Our Saviour, who came to give us hope for the future and new life in the present, and constantly forgives us. And I pray that prior to this Christmas Day you will be able to hear that message of the angels, 'Peace on earth, and goodwill towards everyone'. God has come to us in the form of a little child to say to us we matter to him.'

The message concludes with the words 'God bless; Happy Christmas.'

On behalf of St Leonard's Hospice Janet Morley said, 'We are very pleased that the Archbishop, who is our President, has taken the trouble at such a busy time to remember our patients, as well as their families and our staff and volunteers, with his Christmas message. We are very grateful to him and to everyone who supports the Hospice in its work in so many ways.'

HOSPICE RECEIVES FREE CHRISTMAS TURKEYS – AND EXTRA GOODIES, TOO



23 December 2009

Patients and relatives who are in St Leonard's Hospice over Christmas will have the chance to try special turkeys donated by top breeders Copas and supplied through Wilson's of Crossgates, Leeds.

Copas, who have been supplying high-quality turkeys for more than a century, work with the national charity Help the Hospices to offer free turkeys to all the Hospices in the UK at Christmas.

Steve Harrison, Support and Development Manager at St Leonard's, went to Wilson's Butchers and Delicatessen in Austhorpe Road, Crossgates, to receive two black bronze turkeys, each worth almost £100. Wilson's also generously donated sausages and sausage meat for stuffing.

Steve says, 'These Copas turkeys are absolutely the best quality, and with up to 50 people to feed on Christmas Day at the Hospice they are very much appreciated. Wilson's staff were really friendly and helpful, and their generous additional donation makes our Christmas catering even more special.'

NOT JUST CHRISTMAS BAG-PACKING . . . M&S HELP HOSPICE RAISE MORE THAN £3000

22 December 2009



Volunteers and Hospice staff have been busy packing bags of Christmas shopping for customers at the Marks and Spencer store on Parliament Street in York. Among the volunteers were several staff from the Holiday Inn in Tadcaster Road, near the Hospice and from the Defence Vetting Agency at Imphal Barracks on Fulford Road.

Customers at the store were very generous, and the day rased more than £2000 for the work of St Leonard's; together with a bag-packing session at the end of November, the Hospice has rasied, thanks to the geneosity of M&S in allowing the collections, well over £3750 in this way.

DAYCARE CELEBRATES CHRISTMAS

21 December 2009

Patients and staff in Daycare enjoyed Christmas lunch and Festive entertainment.



FARM SHOP DRAW HELPS HOSPICE

18 December 2009



The winners of Ainsty Farm Shop's Christmas Draw in aid of St Leonard's Hospice have been announced, with Dave Howlett, a customer of the Shop, making the draw.

The winners were:

Russ Abbott, who will enjoy a Day at York Races
Mrs Long, who won a voucher for Golf at Ridding Park,
B Jones won a Tour of the National Railway Museum,

- G Allen who receives an Ainsty Yorkshire Ham

And the winner of the Ainsty Christmas Hamper was Katri Alger, who is a baker at Ainsty Farm Shop!

St Leonard's is very grateful to Stuart and Lily Beaton of Ainsty Farm Shop for their fundraising efforts ove the last few weeks, and to everyone who

supported them.

HOSPICE CAROL SERVICE WELCOMES EVERYONE

11 December 2009

St Leonard's Hospice will be celebrating Christmas with its annual Carol Service on Thursday 17 December.

This year the event is being held at St Edward the Confessor Church, Tadcaster Road, not far from the Hospice. The service will include traditional carols and readings, and the choir of St Wilfrid's Roman Catholic Primary School will be performing.

Everyone is welcome to join Hospice friends and supporters at the service, which begins at 6.15 pm. Entry is free, but is by ticket; they are available by calling the Hospice Fundraising Centre on 01904 77 77 77.

Janet Morley, Director of Fundraising at St Leonard's Hospice, says, 'Our Carol Service is always a special occasion, and we are very pleased to be able to hold it this year at St Edward's. The choir of St Wilfrid's School have supported us very regularly at Christmas, and we are delighted to welcome them again this year. Please come and join us!'

TOCKWITH SAFARI TRACKS DOWN HOSPICE FUNDS

8 December 2009



The people of Tockwith have raised more than £1000 for the work of York's St Leonard's Hospice – by going on safari around the village.

More than 30 people took part in a Safari Supper at the end of October, which saw them going round more than a dozen houses in Tockwith and the local pub, having a course of their supper in each. They were hosted by generous villagers, and everyone paid for the meal.

Apart from the starting place, none of the guests knew where they were going next – at each venue they were given a golden envelope with their next destination. At the start they were given a bottle of wine to take with them on their journey, and at each venue they were treated to a sumptuous course. Money for the Hospice was also raised by games at each venue, including snail racing and apple bobbing. Some of the guests wore Halloween costumes for the evening.

'It was a really great evening,' says Emma Young, one of the Safari Supper organisers. 'All the hosts went to great lengths to welcome the guests with great food, and it really helped to bring the community together. They're all asking when they can do it again!

Janet Morley, Director of Fundraising at St Leonard's Hospice, says, 'Everyone in Tockwith who took part in the Safari Supper seems to have had a fantastic time, with good food and good company – and they raised a wonderful amount for our work as they were doing it. We are really grateful to Emma and her fellow organisers for coming up with such a great fundraising idea.'

BUSINESS STAFF URGED TO SEND CHRISTMAS MESSAGES AND HELP THE HOSPICE

3 December 2009



Staff members at local businesses are being encouraged to help St Leonard's Hospice this Christmas by using its special Christmas-card tree instead of buying Christmas cards for their fellow-workers.

The two-foot-high board trees come complete with small individual cards that slot in. Staff members can use them to send greetings to all their colleagues – and the Hospice hopes that they will make a donation to match the amount they save on conventional cards.

The Christmas-card trees are being launched at Barratt David Wilson Homes Yorkshire East Division at Monks Cross, on THURSDAY 3 DECEMBER, when Lisa Reinhard, PA to the Managing Director, and her colleagues, begin to complete the cards for the first tree.

Judith Wilson, Community Fundraiser at St Leonard's Hospice, says, 'Our Christmas-card trees are an easy and fun way for everyone to wish their colleagues a happy Christmas, and help the Hospice with a donation at the same time. We are very pleased that Lisa and the Barratt David Wilson Homes staff have made a start on the tree, and we'd be delighted to let other businesses have a tree – and a collecting box for donations, too.'

Businesses who would like a St Leonard's Hospice Christmas-card tree can contact Judith on 01904 77 77 77.

FUN AT CHRISTMAS FAIR

20 November 2009

The Christmas Fair, held at the Hospice, proved a great success, with lots of fun for everyone. It realised the magnificent sum of £4,700.



CABAROKO COMES TO YORK TO HELP HOSPICE

27 November 2009

A night with a difference is promised when the newly-formed Acorns Theatre Workshop runs its 'Cabaroke' evening – a mixture of cabaret and karaoke – in aid of St Leonard's Hospice on Saturday 5 December.

The event, which is being held at the Railway Institute Theatre in Queen Street, York, will begin with cabaret – comedy, music, theatre and award-winning magician – and ends with the chance for everyone to try out their voice in a feast of karaoke.

Admission for the evening is £2.00, which will be donated to the Hospice, and there will be a raffle to raise extra funds for the charity. Organiser Ben Tanguay, who launched Acorns Theatre Workshop earlier this year, says, 'This is our first venture before the public, and we wanted to do something to raise money for such a fantastic charity. We promise 50 per cent cabaret, 50 per cent karaoke – and 100 per cent entertainment!'

Sarah Atkinson from the Hospice's Fundraising team says, 'This promises to be a great night, with top-class entertainment and a chance to take part yourself, too! We are really grateful to Ben and to everyone in Acorns Theatre Workshop for running this special event in aid of St Leonard's'.

- Acorns Theatre Workshop is based at the Railway Institute and is a not-for-profit group that runs workshop sessions each Sunday for children and adults, to boost confidence and develop drama and theatre arts skills in a structured yet relaxed and fun theatre environment.

HOSPICE'S CHRISTMAS COFFEE MORNING COMES TO POPPLETON

24 November 2009

St Leonard's Hospice is holding a Christmas Coffee Morning at the Tithe Barn in Nether Poppleton on Friday 11 December, from 10.00 am to 3.00 pm.

In addition to enjoying light refreshments, visitors will have the chance to stock up on small Christmas gifts, as well as cards and the 2010 'York Past and Present' Hospice calendar, which contrasts old photographs of the city with the same scene today. They will also be able to try their luck in a raffle.

All the proceeds go to the Hospice's work of caring for local people with life-threatening illnesses and for their families.

Judith Wilson, Community Fundraiser at St Leonard's Hospice, says, 'Everyone is welcome to the Coffee Morning, which provides an excellent chance to support the Hospice as well as find some of the small extras we all need for Christmas'.

2010 DRAGON BOATS TO CELEBRATE HOSPICE'S JUBILEE AND A NEW SERVICE

23 November 2009



The 2010 York Rotary Dragon Boat Challenge will raise funds for the city's St Leonard's Hospice in the year that it celebrates its Silver Jubilee – and as it launches a new service – Hospice@Home.

The Dragon Boat Challenge, run each year by York Rotary, raises many thousands of pounds for local charities. The first, in 2003, raised money for St Leonard's, and to mark 25 years of caring for local people, York Rotary has chosen the Hospice for the coming year. The races will take place on Sunday 11 July 2010.

The funds raised will go towards the Hospice's new service, [Hospice@Home](#), which will see specially-trained Hospice staff providing their palliative care skills in patients' own homes. This is major development in the Hospice's care will be run by its newly-appointed [Hospice@Home](#) Manager, Julie Pickernell, who will help the Dragon Boat Challenge's own Dragon to launch the 2010 event on MONDAY 23 NOVEMBER.

Martyn Callaghan, Chief Executive of St Leonard's Hospice, says, 'York Rotary's Dragon Boat Races are one of the highlights on the city's calendar, and we are immensely grateful that St Leonard's has been chosen as the main charity for 2010. It will help to make our Jubilee Year even more special, and ensure the success of our [Hospice@Home](#) service, a major development in our care.'

Ian Stockley, President of York Rotary, says, 'Choosing a charity is always difficult because there are so many deserving local charities who justify our help. But this year it was the unanimous decision of the club to select St Leonards in their silver jubilee year and support their new [Hospice@Home](#) initiative. We expect the Hospice's own Lenny's Lovelies team to be as enthusiastic and entertaining as ever on 11 July'

- More information about the 2010 York Rotary Dragon Boat Challenge is available at www.yorkrotary.co.uk
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BEAR PREPARES FOR HOSPICE FAIR

19 November 2009

St Leonard's Hospice is getting organised for Christmas – with a bit of help from its mascot Lenny Bear – with its forthcoming Christmas Fair, which will be held at the Hospice in Tadcaster Road on Saturday 28 November.

The Fair, which opens at 1.00 pm and runs until 4.00 pm, offers the chance to stock up for the festive season. It has lots of the traditional stalls, including jewellery, home-made cakes and books. Hospice gifts will also be on sale, alongside a new selection of Christmas cards and the 2010 Hospice calendar, which again features old pictures of York contrasted with their modern equivalent. There will be games for children and adults, including the Hospice's famous tombolas.

The Hospice's Stables Coffee Stop will be open, offering light refreshments. The Fair's organisers are also keeping their fingers crossed that Father Christmas may find time in his busy schedule to pay a visit to the Christmas Fair. Except for sleighs, there is very limited parking at the Hospice.

Sarah Atkinson, Hospice Fundraising Assistant, says, 'Lenny Bear has become very excited by the thought of Christmas, so he's keen to welcome as many people as possible to the Fair on Saturday 28 November. All the proceeds go directly to help St Leonard's in its work of caring for local people, so please come along, meet Lenny and enjoy the Fair.'

HOSPICE CHRISTMAS TREE ARRIVES IN YORK'S CITY CENTRE

16 November 2009

York's city centre Christmas tree, which will again be raising funds for the city's St Leonard's Hospice, is being put in place in St Helen's Square on MONDAY 16 NOVEMBER.

Each year the Hospice's 'Light up a Life' Christmas tree raises much-needed funds for the work of St Leonard's. Each light on the tree is sponsored to honour loved ones and friends.

The 30-foot tree will be lowered into place outside the Mansion House. It will be lit from 20 November until Twelfth Night, 6 January 2010. There will be a short Service of Dedication around the Tree at 6.00 pm on Sunday 29 November, with carols and readings, to which everyone is welcome.

Janet Morley, Director of Fundraising at St Leonard's Hospice, says, 'Christmas is a time when we remember our family and friends, and our Light up a Life Christmas Tree is a very special way of honouring them. We are delighted that once again City of York Council has so readily agreed to let us dedicate the tree that traditionally stands in St Helen's Square to the memory of friends and loved ones this Christmas.'

To sponsor a light to shine on the 'Light up a Life' tree, please contact St Leonard's Hospice on 01904 77 77 77 or visit the Hospice website at www.stleonardshospice.org.uk

GOLFERS CLUB TOGETHER TO HELP HOSPICE

13 November 2009



York's Pike Hills Golf Club welcomed more than 280 golfers from all around Yorkshire and beyond to its annual Hospice Golf Day in August, and raised more than £9,500 for St Leonard's Hospice – beating their total raised in past tournaments by more than £1000.

The club has been holding the event annually for many years, and this year's total means that the club has raised almost than £80,000 for St Leonard's. The tournament is traditionally organised by the Vice Captain of the Club and this year's Vice Captain, John Hudson, was in charge of the event, with the assistance of his wife Pauline, the Lady Vice Captain.

The tournament was played in glorious weather, and the golfers competed in teams of four – men's, ladies' and mixed. The first team went out at 7.15 am, and, with teams setting out at seven- or eight-minute intervals, the last one was back in the clubhouse by 8.45 pm.

As well as the teams' entry fees, the total for the Hospice was boosted by several raffles – prizes included first class rail tickets and a hamper. An evening auction of donated prizes, including paintings and the offer of a commission from an artist member of the club, and week in a Spanish villa, boosted the total. A club member also tackled the Great North Run, and his sponsorship went toward the total.

Receiving the money raised by the event, Martyn Callaghan, Chief Executive of St Leonard's Hospice, said, 'Pike Hills Golf Club is one of our most loyal supporters, and many of the players at their annual tournament for the Hospice take part year after year to raise money for our work of caring for local people. We are very grateful to everyone who took part and especially to John and Pauline for their organisation.'

DENBY'S 'NEW FOR OLD' OFFER HELPS THE HOSPICE

10 November 2009



The Denby Shop in York's MacArthur Glen Designer Outlet at Naburn is giving its customers the chance to purchase new tableware at discounted prices in the run-up to Christmas, and to help St Leonard's Hospice at the same time, with a 'New for Old' exchange.

The scheme runs from 13 to 29 November and means that customers can get discounts on new tableware in exchange for their old, useable crockery. For every piece that customers bring to the shop they will receive a discount of £2.00 off the price of a new piece of plain Denbyware. There are a few rules; cups and saucers count as one item, for example, and no broken or chipped crockery can be accepted. The stores' staff may refuse items that they consider unsuitable.

The Denby Shop has run this 'New for Old' promotion very successfully with St Leonard's in previous years. The crockery that is handed in will be donated to the Hospice, to be sold in its five shops in Tang Hall, Scarcroft Road, Pocklington, Haxby and Acomb.

Hospice Retail Manager Helen Moreton says, 'We are grateful once again that the Denby Shop has set up this imaginative promotion that helps St Leonard's and give customers a chance to stock up on their Christmas crockery, too!'

CHRISTMAS FAIR AT GREEN HAMMERTON HELPS HOSPICE

10 November 2009



Unusual Christmas gifts and local foods will be on display at a Christmas Fair that takes place amid the furniture at The Main Furniture Company's showroom in Green Hammerton near York on Sunday 22 November – and all the proceeds will go to St Leonard's Hospice.

The Fair, which has been organised by The Main Furniture Company's owner Karan Main, will be held in the 50,000-square-foot showroom in the centre of Green Hammerton. The space will be packed with stalls that feature the best of food and drink for the festive season, as well as crafts, jewellery, pictures and gifts.

Visitors will be able to sample the food, and there will also be a barbecue where locally-raised pork will be available. The whole store will be decorated for Christmas.

The Christmas Fair opens at 10.30 am and runs until 4.30 pm. Entry is £1, which includes a voucher for tea and biscuits, served by Hospice volunteers. All the proceeds from the entry fee goes towards the work of St Leonard's.

Sarah Atkinson of the Fundraising Team at St Leonard's Hospice, says, 'Karan and her team have worked very hard to bring together more than 25 stalls that offer a great selection for Christmas. It promises to be a fantastic event and St Leonard's is very grateful to them for opening her store in this very special way.'

GAP'S GREAT HALLOWE'EN HELPS HOSPICE

6 November 2009



Funds raised at a scary Hallowe'en of fundraising by fashion store GAP at York's McArthur Glen Designer Outlet have been handed over to St Leonard's Hospice.

Staff at the store dressed in ghoulish outfits over the weekend and encouraged customers to donate to the Hospice. The shop's mannequins donned Hospice tee-shirts for the event. The event raised a total of £344, and GAP head office is doubling the amount raised at the store as part of its charity giving.

Helen Holmes, one of the Managers at the GAP store at McArthur Glen Designer Outlet, says, 'We do fundraising regularly, and we've chosen St Leonard's for this event because we have a number of staff members who have had friends and family cared for by the Hospice.'

Sarah Atkinson for the Hospice's Fundraising Team, says, 'It's great that GAP has entered into the Hallowe'en spirit and raised funds for the work of St Leonard's. We are very grateful to them and to their customers for their support.'

ART SHOW RAISES MORE THAN £1400 FOR ST LEONARD'S HOSPICE

5 November 2009



More than £1400 raised by artists from York and North Yorkshire in two 'Open Air Art' exhibitions has been presented to St Leonard's Hospice.

Twice a year artists and potters exhibit their work in the city's Parliament Street, with the assistance of York's City Centre Manager, Paul Barrett, and his colleagues. Ten per cent of the price of each work that they sell is donated to charity, and for the April and June shows this year they have chosen St Leonard's as the beneficiary.

Jan Oldfield, a member of the organising committee, says, 'We always like to help local charities, and we all very much wanted to help the Hospice, which does such good work for the community.'

Janet Morley, Director of Fundraising at St Leonard's Hospice, says, 'We know that the regular art exhibitions in Parliament Street have a great reputation and an excellent following. We are very grateful to all the artists for their generosity in making the Hospice their charity for this year.'

TOP CHEF WILL COOK TO RAISE FUNDS FOR HOSPICE

15 October 2009



Top chef Daniel Cartwright, who has worked alongside Jamie Oliver, will be demonstrating his skills in aid of York's St Leonard's Hospice at a special evening at the Spotted Ox in Tockwith on Wednesday 21 October.

Daniel, who has the reputation of being one of the most entertaining chefs in the business, will show how to prepare a number of dishes at the event, which is being held in the pub's function room, The Forge. It is being organised jointly by Stuart and Lily Beaton, owners of the Ainsty Farm Shop at Green Hammerton and by landlady Sheila Robinson of the Spotted Ox.

Everyone attending the evening will receive free samples and will enjoy a glass of wine or tea or coffee.

Janet Morley, Director of Fundraising at St Leonard's Hospice, says, 'Daniel's reputation as an inspiring and brilliant chef means everyone is promised a really good night, and we are very grateful to Stuart, Lily and Sheila for organising this very special fundraising event.'

Tickets for the demonstration cost £12.50 and are available from Ainsty Farm Shop on 01423 331897 and the Spotted Ox on 01423 358387

SAINSBURY'S TADCASTER STAFF RAISE FUNDS FOR HOSPICE

14 October 2009



Staff at Sainsbury's store in Tadcaster have been busy raising money for St Leonard's Hospice for the last year, and they are handing over £700 to the charity at the store on WEDNESDAY 14 OCTOBER.

Money-raising has included a series of raffles and tombolas among staff, and a special charity week with collections from customers to the store.

One of the organisers, staff-member Margaret Stephenson, says, 'We chose St Leonard's as our charity because we've all been aware of the good work the Hospice does for the people of Tadcaster and all around the area, and many of us have known someone who has been cared for there. This £700 is just part of what we hope to raise, and we look forward to continued support from our colleagues and customers.'

Janet Morley, Director of Fundraising at St Leonard's Hospice, says, 'We are very grateful to Margaret and her colleagues in Tadcaster for their hard work in raising such a good sum for the work of St Leonard's. We are proud to be able to care for people from the town, and support like this is very gratifying.'

JOIN JANET ON A HIMALAYAN TREK FOR THE HOSPICE JUBILEE

13 October 2009



Janet Morley, Director of Fundraising at York's St Leonard's Hospice, is usually encouraging other people to find ways of making money for the Hospice – but now she is in training to do it herself, and inviting others to join her, on a trek in Nepal next year.

St Leonard's marks its 25th anniversary in 2010 and the trek, which is in Bhara Pokari in Nepal from 28 October to 7 November 2010, will raise thousands of pounds to mark the Silver Jubilee.

Organised by specialists Community Action Treks (CAT), who ensure that the trek also helps support the local Nepali people, the trek will follow mountain paths with views of some of the highest of the Himalayan peaks. The trekkers will walk for anything between four and eight hours, passing through lush forest and by thundering waterfalls and raging rivers. There are also visits to some of the projects that CAT is helping, with the chance to meet local people and explore the rich Nepali culture.

Accommodation is in robust two-person tents (put up and taken down by the organisers) with foam mattresses and substantial meals. Luggage is transported, and en route there is plenty of time for rest and taking photographs.

Janet Morley says, 'This trek in Nepal is really the opportunity of a lifetime! Please join me on top of the world for this great adventure – I'm sure it will be something we'll always look back on with great memories. And as you walk you'll know that you are raising funds to help St Leonard's continue its work of caring for local people into another quarter century.'

Everyone who goes on the trek is being asked to guarantee to raise sponsorship of at least £1,000. They will also need to pay the cost of getting to Nepal and back, and of the trek itself. A weekend of training in the Lake District from 9 to 11 July 2010 is included in the price.

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