

LOROS matters

For friends
and supporters
of LOROS Hospice

Winter
2018/19
Issue 9



Brand new Day Therapy and
Outpatients department opens!

LOROS

Hospice Care for Leicester, Leicestershire & Rutland



“What we’ve created is truly exceptional for patients and families.”

Welcome

It’s a very exciting time at LOROS. By the time you read this issue of LOROS Matters, I anticipate that our fantastic two-year site development will be fully complete and that the contractors will have left the Hospice site.

LOROS is exceptionally fortunate to have received the level of support that has made this massive £6 million investment possible. The new Day Therapy and Outpatient facilities are some of the best in the UK and the LOROS Professional Development Centre has more than fulfilled our expectations by becoming a Centre of Excellence for education, training and research.

They represent a real step change for the charity.

Throughout these developments, we have remained focussed on excellence in end of life care. The North corridor with eight patient bedrooms has also been fully refurbished, and we will soon be upgrading the dining and social areas. We will showcase these in the next issue of LOROS Matters.

Thank you for your support of LOROS over the past two years. There have been challenges; however, what we’ve created is truly exceptional for patients and families.

Thank you for your continued support.

John Knight
Chief Executive

LOROS
Hospice Care for Leicester, Leicestershire & Rutland

Being there for *you* and *your family*

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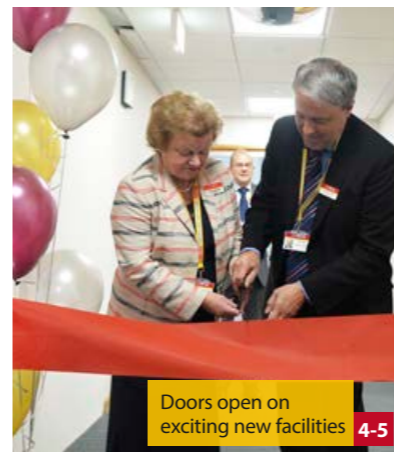
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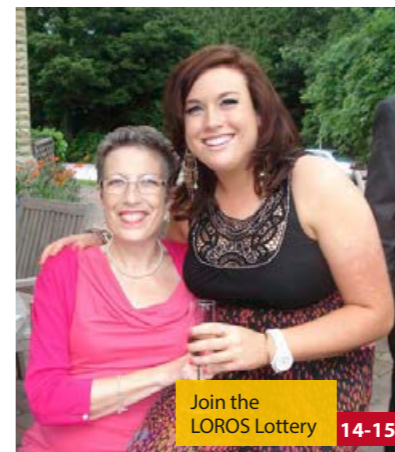
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Doors open on exciting new facilities **4-5**



Join the LOROS Lottery **14-15**



LOROS 2019 Events **18-19**

LOROS

Groundbreaking ‘VR for Good’ filmmaking competition **33**

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Doors open on exciting **new** facilities!



On Monday 15th October, we opened the doors of our brand new Day Therapy and Outpatients department.

These highly anticipated facilities had been in development for almost a year and now allow us to provide the very best end of life care for an extra 250 patients annually.

Day Therapy provides a one-stop shop giving patients access

to trained nurses and specialist doctors, but also to creative therapies and fun.

The new building is a calm, friendly environment where patients can relax, take part in arts and crafts, play games and even have a massage.

For housebound patients, Day Therapy is a place where they can meet friends, exchange news and have a laugh.

John Knight, LOROS CEO said: "These outstanding new facilities, some of the best in the country, will give us the space we need to support more patients and their families. They will allow us to offer wellbeing sessions and cater for patients with more complex needs too."

This completes the second phase of the LOROS site

development, which began last year with the construction of a Professional Development Centre.

LOROS would like to thank the private individuals, trusts, including the Wolfson Foundation, and our kind supporters, without whom the construction of these facilities would not have been possible.



Full of Pride at LOROS

LOROS staff and volunteers took part in Leicester's Pride for the first time. They also supported LOROS Local, which was situated in Victoria Park.

continue our engagement with other organisations and the diverse population of Leicester, Leicestershire and Rutland.

It was Hawaiian style this year. How will we be glittered-up next year? Watch this space!

This was a fantastic event, enjoyed by all, allowing us to



New look for enablement staff

Staff from our Physiotherapy and Occupational Therapy teams are sporting new uniforms. The change means that our staff are now in line with University Hospitals of Leicester and it makes it easier for patients and carers to identify our job roles.

Therapy assistant uniforms now carry an aqua trim, occupational therapist uniforms now carry a single bottle-green stripe with black or green trousers, physiotherapist uniforms now carry a single-stripe navy trim and black trousers.



Making a difference

The Home Visiting Team launched the EVOLVE project last year to support patients in the community that have neurological conditions and cognitive changes, such as dementia.

The project, which ran for 18 months, successfully recruited six volunteers who have been assisting patients and their carers.

EVOLVE, which has now come to an end, gave patients and their families a better quality of life, enabling patients to engage in meaningful activities, whilst providing respite and support for their carers, making a real difference.

Feedback from carers was overwhelmingly positive; they liked

to know they could go out while being reassured someone was looking after their loved one.

One of the carers said: "I think it's an excellent idea to have someone come in that is actually orientated towards what the person they are sitting with wants to do - it's a thread to the outside world, it keeps them connected".

Our Home Visiting Team is continuing to look at ways to support more complex patients at home using volunteers.

Findings from the EVOLVE Project were also presented to the international Motor Neurone Disease Association symposium in Glasgow in December.



Hospice School

“It was an amazing experience, and I would recommend it to anyone thinking of going into health care.”

Our Hospice School is a short course for young people aged 16 to 19 to explore the working environment of a hospice. Over three days, young people are involved in discussions, team-building exercises and networking opportunities with staff.

The programme has been running since 2016 and has supported more than 100 students, preparing them for employment, college, apprenticeships and university. Provisional dates are set for July, August and October 2019. Young people can register their interest with our Youth Engagement Officer by emailing info@loros.co.uk



National Citizen Service

The National Citizen Service is a programme open to all 16 and 17-year-olds in England. LOROS has supported the social-action scheme for a number of years. Participants develop a project to deal with a local issue they're passionate about and spend 30 hours putting the project into action in their community. The

young people who supported LOROS last summer raised £2,100. The activities included car boot sales, bake sales, a curry night, raffles and sponsored walks.

LOROS provides support to their fundraising events, along with tools and resources for raising awareness of the Hospice.



POW letters discovered in LOROS shop

An exciting piece of World War II history was uncovered by a volunteer at our Glenfield shop in July, making headlines across the world.

An envelope containing letters sent to a Prisoner of War (POW) held in Thailand was discovered in a set of curtains donated in July.

The envelope, which was in good condition, was dated 20th January 1944, the same day Winston Churchill met with representatives of the Polish government-in-exile in an effort to break the diplomatic standoff with the Soviets.

The handwritten letters were signed by a woman called

Dolly Lowe from Cuddington, a village about four miles west of Northwich, and were written to a British POW named William Gower, known as Billy.

Following the media coverage, Billy's son, Trevor Gower, came forward to claim the letters.

Delighted to be reunited with the precious keepsakes, Trevor said: "These keep my father's memory alive. He was a POW for three and a half years, and he was on the Burma railway for some of that time, so to survive that, it was amazing really.

"I'm really grateful to LOROS for reuniting me with them. Thank you so much."



LOROS – getting it right for patients

In November, LOROS hosted ‘Getting it Right for Patients’, a one-day conference at our Professional Development Centre, which featured keynote speakers of international repute, including Matthew Syed, acclaimed author of *Bounce* and *Black Box Thinking*, and Dr Kathryn Mannix, palliative care specialist and author of *With the End in Mind*.

LOROS CEO John Knight said: “The safety and quality of patients’ experience is paramount to LOROS. We want to use our services, education and research to explore how doing things differently may be able to support patients and their families better across the palliative care sector.

“The conference was stimulating and provided real food for thought for change.”

To view our upcoming list of education and training courses, visit loros.co.uk/education
To find out more about hiring our Professional Development Centre for your conference or training needs, visit loros.co.uk/lpdc



Sea of blue flowers raises more than £40,000

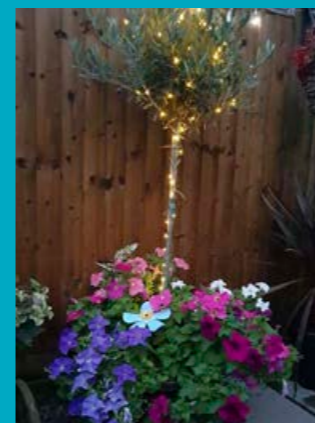


kindly supported by:

uptonsteel

In July, Leicester’s Jubilee Square was filled with a sea of beautiful blue Forget Me Nots.

The unique display, which was opened by LOROS Hospice



Patrons, World Snooker Champion Mark Selby, and Leicester City legend Alan Birchenall, featured bespoke wrought-iron flowers symbolising the lives of loved ones who are no longer with us.

More than £40,000 was raised in total, and we were overwhelmed by the amazing support of everyone who purchased a Forget Me Not.

Each limited-edition flower cost just £25, which could pay for an hour of care on the ward for one of our inpatients.

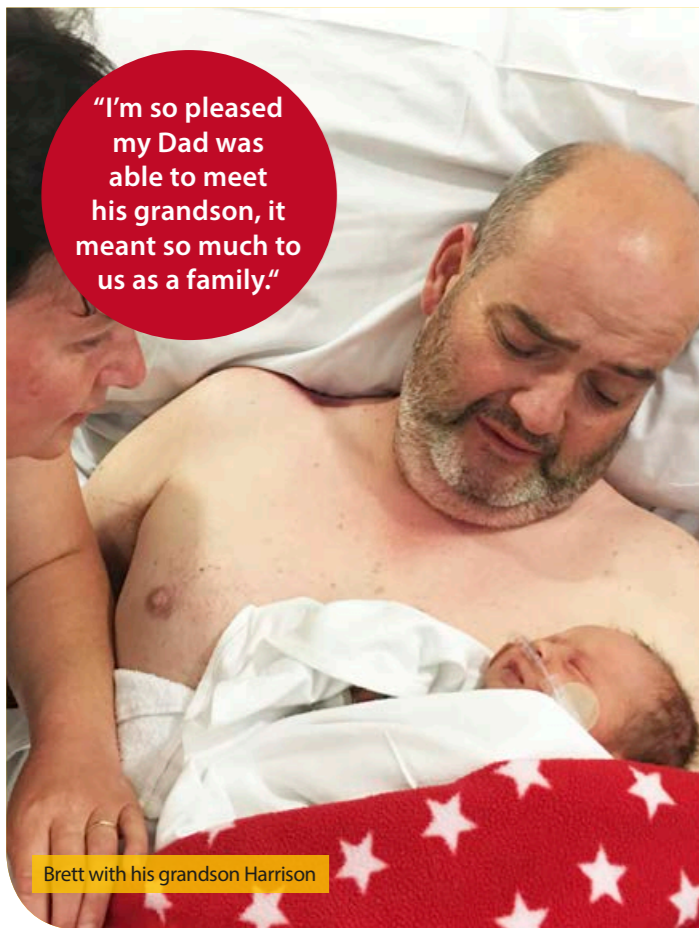
Since the display, you’ve been sending us photos of your flowers that have been lovingly placed in your homes and gardens across Leicester, Leicestershire and Rutland, with some of them travelling further afield.

Forget Me Nots have been springing up in places like Pietà in Malta, on a beach outside a cosy caravan in Suffolk, and even on a balcony in Bangkok!

Thank you so much for your support, and we hope you enjoy your Forget Me Not for years to come.



Don’t forget to keep an eye out for our brand new, limited-edition LOROS robin arriving later this year!



"I'm so pleased my Dad was able to meet his grandson, it meant so much to us as a family."

Brett with his grandson Harrison

Dad's final wish to meet grandson comes true

■ Dad of three, Brett Rozee, was 48 when he was told he had melanoma, a form of skin cancer, just four days before his wedding to childhood sweetheart Kaye.

"Mum and dad had been together for 27 years. Dad had booked the wedding without Mum knowing, as a surprise, before finding out he was ill," said their eldest daughter Abbie.

"The wedding planning went well, and we were all very excited that they were finally

saying their vows. Four days before their wedding, dad was told he had melanoma." Despite this news, the family travelled to Scotland so Brett and Kaye could get married.

"As a family, we felt positive as dad felt fine and didn't show any signs of being ill.



"On their wedding day however, dad became unwell and was seen at the hospital after the ceremony. He was told the cancer had spread to his brain.

"Once dad was checked over at the local hospital, he was discharged so he could spend his wedding night with Mum, and we left Scotland the next day," said Abbie, who was 31-weeks pregnant with her first son at the time.



On arriving home in Mountsorrel, Brett seemed to stabilise.

"On the 18th June, the day before my dad was due to start his treatment, we were told that he was too poorly to start it and was going to be transitioned to LOROS Hospice for him to have the best care. The following morning, I went into labour six weeks early with my son Harrison."

Brett's first grandson, Harrison Brett Taylor, was born 20th



June at 12.41am at the Leicester General Hospital weighing 6lb2.1oz.

"I was really desperate for my dad to meet Harrison before he died. LOROS Hospice and Andrew Currie, the Director of Care Services at Leicester General Hospital, made it happen. They coordinated the transportation of Harrison in his incubator to my dad's bedside.

"It was incredibly emotional. I am so grateful to Andrew

"I was really desperate for my Dad to meet Harrison before he died."

and his team, and LOROS. I'm so pleased my dad was able to meet his grandson, it meant so much to us as a family.

"He was so excited to have a grandson, and it was his final wish to meet him before he died. We will all cherish forever the moment that they both met, and will be forever grateful. Dad died peacefully at LOROS, aged 48, two weeks after Harrison was born."



LOROS Lottery

Be part of something amazing and **join today!**

£1
per entry

Players must be 18 or over
Fundraising responsibly - begambleaware.org

loros.co.uk/lottery
(0116) 231 8430

I play in memory of my mum...

The LOROS Lottery has been running for 22 years and in that time players have raised more than **£12,700,000** for the Hospice. This amount could pay for a fantastic **24,190** days of inpatient care.

Over the past 22 years we know players have joined for all sorts of reasons, but playing in memory of a loved one is why 75% of you join the LOROS Lottery.

Carolyn, a LOROS Lottery player told us:

"I play in memory of my mum, Marilyn. Mum passed away in LOROS in March 2011 and previous to that benefited from symptom control support and Day Therapy.

"She celebrated her 59th birthday in LOROS. With the help of the brilliant nurses and staff we organised a spa morning and a cake. Mum died a week afterwards. We will never forget how special the Hospice made her last birthday."

The draw takes place every week, with a top prize of £2,000 followed by lots of other cash prizes.

By playing the LOROS Lottery for a year, you could pay for a patient's meals for 12 days.

Signing up to the LOROS Lottery is easy, visit loros.co.uk/lottery to find out how.



Pictured: Carolyn and her mum, Marilyn.

Fundraising Responsibly – begambleaware.org.
Players must be 18 or over.

Gifts in Wills

What you need to know



Samantha Downs from Dodds Solicitors answers our questions.

Do I need a Will?

Yes! Everyone needs a Will.

What kind of things do I need to think about?

You need to think about who you would like to leave an inheritance to and how much you would like them to inherit.

Who should I remember in my Will?

Whoever you want; family, friends, or a charity close to your heart.

Do I need a solicitor to make a Will?

Quite simply, no. You can buy a DIY kit, but it may be simpler and safer to consult a professional.

How much does it cost?

For a simple Will, the cost is usually

between £100 and £200 for a single person or a couple. Or, you could sign up to the free LOROS Will Writing Month! You can give as much or as little as you wish, and this is a great opportunity to leave a gift to LOROS in your Will.

Is my Will written in stone?

Not at all. People are able to review and change their Will as often as they need.

I'm worried that if I make a Will then I will jinx myself!

This is something we hear many people say. Making a Will may seem grim, but it's a reassuring act! You're making sure your wishes are followed and that your loved ones are cared for.



Did you know?
Gifts in Wills support one in four of our patients each year.



Did you know?
Every gift in every Will makes a difference, however large or small.

Can you donate a few hours of your time a week?

We would not be able to provide our services without our 1,500 volunteers who work in almost all areas of Hospice life, including our 29 shops. **We urgently need more volunteers in our network of shops and also our snack bar area.**

Come along to our **Volunteer Fair** on Saturday 26th January, from 10am till 2pm in our Professional Development Centre at the Hospice to find out more!

You can also visit loros.co.uk/volunteer or call (0116) 231 3771



Peter volunteers in a number of areas at LOROS. He particularly likes to volunteer on the Ward as it gives him pleasure to make a difference to patients' wellbeing.



Freddie and Carole volunteer on our Hospice reception desk; they love to volunteer at LOROS because volunteering cheers them up.



Krishna and Judy volunteer in our snack bar, they love making a difference to the patients and their families.



Tricia volunteers in our LOROS shops because she loves meeting people and enjoys the range of displays that LOROS has to offer.

LOROS 2019 events

Saturday 9th March
St George's Tower Run
Leicester City Centre

Could you run or walk all the way to the top of one of Leicester's tallest, most iconic buildings? With 351 steps to climb, sign up now and challenge yourself!

loros.co.uk/tower



Throughout May
Will Writing Month
Various locations

During May, LOROS will once again be teaming up with some fantastic solicitors and to offer a free Will writing service. You can make a donation to LOROS or even leave a gift in your Will.

loros.co.uk/wills



Friday 10th May
Golf Day
Rothley Park Golf Club

A great opportunity to enjoy a round of golf at the picturesque Rothley Park Golf Club, offering a unique challenge to golfers of all abilities with exceptional course hospitality.

loros.co.uk/golf



Saturday 8th June
Music in the Park
Wistow Hall

Take along your picnic to a fantastic evening of family entertainment with the sounds of Kibworth Brass Band and an incredible firework extravaganza finale.

loros.co.uk/wistow



Saturday 6th April
Twilight Walk
King Power Stadium, Leicester

Leicester's Biggest Girls' Night Out is back! This 10km walk through Leicester features an Under the Sea theme for 2019, so grab your gull-friends and sign up to take part in this fin-tastic event and help to raise money.
loros.co.uk/twilight

Sunday 28th April
London Marathon

Keep an eye out for our amazing LOROS runners in their LOROS running vests! If you have your own place and want to support LOROS, please get in touch to find out how we can support you. We will be accepting applications for 2020 from April 2019.

loros.co.uk/london



Saturday 4th May
Skydive Saturday
Sibson Airfield, Peterborough

Fall from heights of more than 13,000ft and reach speeds of 120mph as you enjoy the ultimate adrenaline experience! This challenge will be one you are sure to never forget!
loros.co.uk/jump



4th-12th May
Walk the Cotswolds Way

The 101-mile Cotswold Way is a new walk for LOROS and, as with all our previous walks, we will have a guide and minibus driver/support to transport your main luggage. Starting from Chipping Camden, the walk finishes in the beautiful ancient city of Bath.

loros.co.uk/cotswolds



Wednesday 22nd May
Ladies' Lunch
King Power Stadium, Leicester



Enjoy an afternoon of entertainment, shopping and a superb three-course meal with our guest speaker, Bill Turnbull.

loros.co.uk/ladieslunch

Saturday 1st June
Leicester to Skegness Bike Ride
Leicester Clock Tower

Cycle to the beach in this increasingly popular charity bike ride, covering the distance from Leicester clock tower to Skegness clock tower.

loros.co.uk/skegness



Tuesday 11th June
Rothley 10k
Rothley Village Centre

Support LOROS by running in the popular and ever-growing Mattioli Woods Rothley 10k.

loros.co.uk/rothley10k



To see our full programme of 2019 events, visit loros.co.uk/events

All in a day's work

We are the LOROS Fundraising team.

There are 15 people in our team, covering five different areas of income generation for the Hospice - community, corporate, in memory, events and trusts and foundations.

9am: Rachel meets a gentleman who wants to hear more about LOROS' plans for the future, as he's thinking about leaving LOROS a gift in his Will. He's given a tour of the Hospice and we talk him through the strategic plans and developments in the community.

9.30am: Clare has a meeting with the Head of Counselling to discuss purchasing new books for children that explain the bereavement process.

10am: Andrew is out on his bike, cycling the full 26-mile route of the Leicester Marathon course to check for hazards and ensure the



course complies with UK athletics regulations.

12pm: Rebecca meets with a trust funder to discuss our new Day Therapy department and to show them how and where their money is making a difference to patients and their families.

1pm: Faron is out and about with Lionel, the LOROS mascot, attending a school assembly to thank children for the money they raised taking part in LOROS' Yellow Day (wearing yellow clothes for a day, with a £1 donation to LOROS).

2pm: Debbie is busy creating a coffee morning poster for a Women's

Institute group which wants to host an event in aid of LOROS.

3pm: Abi J emails all previous Twilight Walk participants to tell them the 2019 registration page is now open so they can secure their place as early as possible!

4pm: Under Abi B's supervision, corporate volunteers are putting together 2,000 Twilight Walk fundraising packs for participants.

5-6pm: Magda visits a local jewellery store who supports the Twilight Walk by donating gifts that we give to the participants who raise funds for LOROS.

Phew! Now time for a cuppa!



Did you know?

- LOROS Fundraisers started in 1985 as groups of volunteer supporters dotted around the county organising events. In their first year they generated £100,000 for the Hospice.
- LOROS counter collection units that people put their loose change in (by the side of tills) raise around £60,000 each year.
- There are more than 20 events/campaigns that LOROS organises each year, ranging from skydives to coffee mornings and everything in between.
- Between 2017-18, almost 1,000 community events took place in Leicester, Leicestershire and Rutland in support of LOROS. Funds raised at these events ranged between £2 and £18,000!
- Our Christmas bag-packing service run by LOROS volunteers raises between £20,000 and £30,000 each year.

COMMUNITY HEROES

We are extremely lucky to have so many fantastic supporters in the local community, and we want to thank you all. Your support is really valued and is a major part of fundraising for the Hospice.

Please get in touch if you'd like to fundraise for us; we'd love to help and support you. Contact the team on **(0116) 231 8431** or email fundraising@loros.co.uk

★ Thank You ★

- ★ Mark and Sallyann Padgett raised a fantastic £10,692 from their fitness challenge day in celebration of Mark's 50th Birthday at MP Personal Training in Coalville.
- ★ Children from The Ark pre-school in Humberstone completed 26 laps of their hall. The results of their superb efforts raised £1,010.
- ★ Phil Shilcock raised a further £510 which means that to date he has contributed a staggering £3,245 to LOROS thanks to his Family Fun Days at Hermitage Recreation Ground.
- ★ Huge thanks to everyone involved in the Quorn Open Gardens weekend. The annual event raised a very generous £2,827.
- ★ A Night at the Races, held at Leicester Sports Centre and organised by Huey Caratella and Stuart Kenney, raised an amazing £2,200.
- ★ Thank you to the residents of Limestone Drive, Barrow upon Soar, who raised a fantastic £500 from their street party.

Getting fundraising down to a tee

Local Golf Clubs made a huge difference this year after choosing to support LOROS as their charity. Their fundraising throughout the year has raised more than £14,000 for the Hospice.

Special thanks to all the clubs, including the following for raising such a fantastic amount: Lingdale Golf Club, £5,500; Scraftoft Golf Club, £5,468; Longcliffe Golf Club, £2,328; and Rothley Park Golf Club, which raised £508 and generously continues to support the LOROS Golf Day.

Nominating LOROS as Charity of the Year for your golf or sports club is a great way to show your long-term commitment. It would be our pleasure to visit the club and talk to the members.

We can also provide a tour of the Hospice and outline the amazing work carried out by LOROS.

Further information, please contact the Community Fundraising team on **(0116) 231 8484**

Just to let you know...

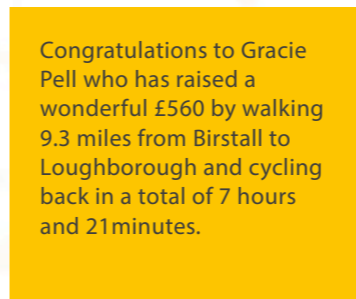
To reduce costs and be more environmentally conscious, we will now only write to acknowledge gifts and donations of more than £10. Every penny you donate is valued, so if you would like to continue receiving acknowledgements, please contact fundraising@loros.co.uk



Leanne and Kev Harper raised an amazing £1,952 from their Clobofest held at St Andrews Football Club, Leicester. The event was in memory of their friend, who loved everything about festivals.



The Fireball Rally Team, Bangers and Cash, from Field Fitness, successfully completed the gruelling Monte Carlo Fireball Rally in May and raised a massive £4,861.



Congratulations to Gracie Pell who has raised a wonderful £560 by walking 9.3 miles from Birstall to Loughborough and cycling back in a total of 7 hours and 21 minutes.



Mike and Julie Collett, dressed in their groovy gear, raised £351 from their colourful collection at Wyevale Garden Centre in Rothley.



A massive thank you to everyone at The Pocket Playhouse, especially Tony and Lynne Marsden who raised a great total of £2,100 from their concert at the Groby Ex-Servicemen's Club.



A huge thank you to Mandy Loyal and her team for completing the gruelling Tough Mudder course at Belvoir Castle in May. The team raised a fantastic £1,855.



A massive thank you to everyone at The Pocket Playhouse, especially Tony and Lynne Marsden who raised a great total of £2,100 from their concert at the Groby Ex-Servicemen's Club.

Neelam's story

■ Married dad-of-three Virenderpal Singh Dhanota (Ladi) was 62 when he died at LOROS Hospice in January last year. His wife Neelam says that LOROS was a huge support during such a traumatic time in her life.

"On the 4th November 2007, my husband was at the gym with his friend when he suddenly became unwell and suffered a seizure. It was so bad, he was paralysed down his right side.

"The doctor thought he'd had a stroke because he is diabetic, so they sent him for a CT scan to find out. Following two scans, the doctors were certain it wasn't a stroke so he had an MRI scan.

"We were then sent to the Queen's Medical Centre in Nottingham, and at that point I could tell something was very wrong. We were told that he had a brain tumour. It was heart-breaking, I was absolutely devastated," added Neelam.

Ladi, grandfather-of-five, owned his own business in Leicester and had always been physically active.



"If you want to see angels, go to LOROS."

"My husband was always fit and healthy, he was a panel beater and sprayer and would regularly take our Siberian husky, JD, on walks. He was so friendly and bubbly, he'd do anything for anyone."

Ladi was admitted to LOROS on 6th October 2016 and Neelam says going back to LOROS evoked memories of Ladi's dad who was at LOROS 10 years before.



Neelam



"LOROS Hospice looks after the whole family, not just the patient."

"I tried to mentally prepare myself, but no amount of preparation helps when reality hits.

"Thankfully, the staff at LOROS were so reassuring and

welcoming, it didn't take long for my nerves to settle. The doctors and nurses who took care of my husband were like family to me.

"LOROS Hospice looks after the whole family, not just the

patient. JD always slept at Ladi's feet, he went to the Hospice many times and would sit with him which was comforting."

Ladi died at the Hospice on 23rd January 2017.

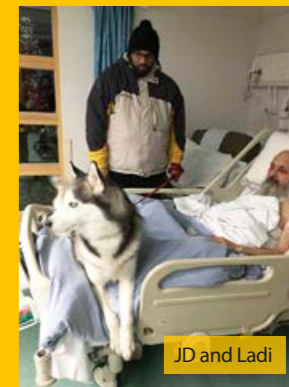
"When my husband died, I felt numb. I called my children and family to tell them what had happened, and I remained calm. LOROS gave me strength.

"JD refused to go into our bedroom for seven months, it was heart breaking. I think he was waiting for Ladi to come home.

"LOROS is a dignified and respectful place where people can die peacefully.

"I miss him every second of every day. If I won the lottery, I would build another LOROS.

"We married on 5th February 1978, and I scattered my husband's ashes into the River Soar on 5th February 2017. I ended my journey with him on the same day we started it."



JD and Ladi

Choose Charity, Shop LOROS

Throughout 2018, our campaign 'Choose Charity, Shop LOROS' challenged you to think differently about shopping, encouraging you to step outside your comfort zone and buy from charity.

Our amazing specialist shops were in the spotlight, including our '4 Men' shop in Wigston, where you could bag a bargain suit for just £25. Our quality furniture popped up all over the city and county in bars, cafés and even garden centres as part of our Furniture Shop Month, and our specialist music shop 'Spiral Scratch', on Queens Road, held some fantastic live music and art sessions (they even had a visit from ex Status Quo drummer Jeff Rich!).

Following Paris fashion week, LOROS put on a show-stopping catwalk, featuring clothes from our By Design shop. The show at the new-look Debenhams store in Highcross was full of fashion, fun and fizz. Experts mixed new items with our donated clothes to create trendy looks for all ages, shapes and styles.

To round off the campaign, the countdown to Christmas during November and December focused on all things festive!

We spread Christmas cheer with wonderful new and preloved gifts galore. Christmas was well and truly wrapped up, and many of you found that perfect present for your special someone.

So Choose Charity, Shop LOROS!



Care for a cuppa?

Did you know that we now have two cafes for you to visit with family and friends?

Whether you are looking to grab a bite of lunch, a slice of one of our delicious cakes, or simply a cup of freshly ground coffee, we will be happy to see you.

Dodo's Café, in our shop on Pullman Road, Wigston Magna, is open Monday to Friday from 9am till 5pm and also offers a takeaway service.

Located in the new Professional Development Centre within the Hospice grounds, the LPDC Café is also open Monday to Friday from 9am till 5pm.

You can relax in comfort with a coffee made with locally roasted beans, or choose from a selection of deli-style food.

We use local bakers and suppliers where possible and offer daily and weekly specials.

So why not grab a seat and enjoy a cuppa knowing you're supporting local terminally ill patients and their families? We'd love to welcome you.



Have you visited our children's shop in Coalville yet?

Located in the Belvoir Shopping Centre, you can browse a fantastic selection of pre-loved children's clothes, toys and books. You'll find quality items at charity shop prices.

The shop is open Monday to Saturday from 9am till 4.30pm.



RESEARCH AT LOROS

Improving end of life care for **minority ethnic patients**



LOROS Hospice, in partnership with Leicester's hospitals, is undertaking an important new research study into how to improve care for people from Black, Asian and Minority Ethnic (BAME) communities at the end of life.

Beginning in November 2018, the 30-month-long study entitled Thinking Ahead: Exploring and understanding

experiences and decisions in end of life care for people from minority ethnic communities, is supported by a grant of £417,000 from the National Institute for Health Research, which will enable LOROS researchers to better understand the needs of BAME patients and their families when they become very ill.

Professor Christina Faull, lead researcher at LOROS,

said: "People from black, Asian, and minority ethnic communities tend to access end of life care services less than other patients. We want to find out more about people's experiences, the choices they are offered and decisions they make. We will use our findings to train doctors and nurses in how to support patients in line with their spiritual and cultural approach to

thinking ahead about the end of life."

Dipti Patel, who is a member of the study's consultation group, said: "The research will hopefully raise awareness of this sensitive topic in these communities and benefit patients in the way of appropriate care. It should also help inform those around them, such as carers and families."

EDUCATION AT LOROS

Become a **better leader**



Our leadership programmes provide a unique blend of practical experience and excellent teaching by our delivery team.

Aspiring Leaders

Suitable for leaders in the early days of their first leadership role, or for potential leaders of the future, we explore what it's like to transition from a team member to a team leader and

the impact this can have on you and your colleagues.

Thoughtful Leadership

For new or current middle managers who wish to hone their skills and transition from manager to a leader. This course will provide opportunities to lead projects, using scenarios to put learning into practice in a safe, supportive environment by exploring

leadership skills and through observing others.

Feedback is given through coaching techniques and opportunities to learn and reflect.

Leading for Change

A programme for anyone involved in leading change within an organisation, be that at department-level change or a project involving multiple stakeholders. Change and

adaptability is inevitable for individuals, teams and organisations if they are to survive and succeed. Leading change, whatever its size, requires an understanding and skill set that can be the catalyst for success.

For 2019 dates and for more information call our Education team on **(0116) 231 8455**, email **education@loros.co.uk** or visit **loros.co.uk/education**

Thank you for your support

We'd like to say a big thank you to our business sponsors.



Golf Day 2018 wouldn't have been possible without **LCM Wealth Management Limited** (our headline sponsor for the seventh year) as well as **SJ Events** and **Danny Spillane Golf Retail Limited**. The sponsors for the tees included **Burleighs Gin**, **Charnwood Brewery**, **KPMG**, **Marcos Restaurants**, **Parkers and Swithland Spring**, with additional support received from **Spire**, **Mosdorfer**, **Norths** and **Sturgess**.



Congratulations to our Accumulator Challengers 2018: **33rd/65th Leicester Scouts**, **AXA Healthcare**, **KPE group**, **Pepsico**, **Regent College**, **TSB - Humberstone Lane**, **Withers Gin Shed** and **Charlene Burrell with her family and friends**. Together the teams raised more than £5,000 for the Hospice, with AXA being awarded the 'Most Engaging' challenge and Pepsico receiving the 'Most Creative' and the 'Most Money Raised' awards.



Colourfun Mile 2018 was kindly supported by **Hinckley & Bosworth Borough Council** and **Hinckley Running Club** with the paint stations being sponsored by **Highcross Leicester**, **Hinckley & Rugby Building Society** and **Places for People Leisure Ltd**.



We are delighted to announce that Morningside Pharmaceuticals, which has sponsored our Light Up a Life service for the last three years, has extended that partnership until 2020.



A very warm welcome to a new headline sponsor for our Twilight Walk 2019: Dunelm, the Home of Homes.

You truly make a difference



Business heroes

1. For the past five years, **PwC** has organised a charity quiz night in aid of LOROS. Its latest event saw the total smash through the £20,000 barrier.
2. Staff at **Coventry Building Society**, Leicester branch, continue to provide amazing support. From raising funds and applying for grants through to their involvement in our volunTEAM tasks, nothing seems too big an ask for them!
3. **Barclays** curry lunch, held at Paddy's Marten Inn, served up a tasty sum for the Hospice. Ninety professionals attended the event, which raised more than £6,000.
4. **Biffa** visited the Hospice and donated more than £1,000, which was a community award for their excellent recycling work. We hope to strengthen our relationship with them as part of our #LOROSGoGreen campaign.
5. We are proud to announce that, with the help of our supporters, Charity of the Year partnerships have been secured with seven local **Sainsbury's** stores. We are very excited about working alongside the teams.
6. **HSBC** table tennis tournament continues to net funds for LOROS. The £4,000 raised this year brings the total to a superb £20,000.

To find out more about business support and Charity of the Year partnerships please call our Fundraising team on **(0116) 231 8431** or email fundraising@loros.co.uk

£1

per play

Special Occasions

LOROS scratch cards are the perfect ice breaker!

Win up to £1,000!

Support LOROS Hospice



loros.co.uk/scratchcards
(0116) 231 8430



Players must be 18 or over
Fundraising responsibly - gambleaware.co.uk

CATS ARE NOT PEAS

LOROS hosts ground breaking 'VR for Good' filmmaking competition



In September, we announced one of the world's first 'VR for good' film making competitions with a significant cash prize.

We've been developing the use of virtual reality (VR) with patients and their families since 2017. With a pair of VR glasses and a library of specially commissioned films, our patients are transported to a new environment, one where they can move around freely and chat and reminisce with friends and families.

The I Experience VR competition, with a 'Best of the Best' top prize of £6,000 and five sub-category prizes of £1,000, aims to expand the library of films. It has attracted a wide variety of submissions, which will provide our patients with therapeutic respite from their current reality.

The LOROS VR project was developed in partnership with critically acclaimed VR production company, CATS are not PEAS.

LOROS CEO John Knight said: "This is a really exciting competition, and I believe we are the first Hospice in the country to develop our own VR project creating films.

"It has huge potential for patients, carers and families to bring an interesting escape, a welcome distraction, a therapeutic experience or simply a bit of entertainment."

The competition was open until 4th January 2019. We will announce winners in March 2019. For more information visit loros.co.uk/vrcomp

Challenge yourself in 2019 for #TeamLOROS

London to Paris – Tour de France edition
24th–28th July
This classic bike ride really is for anybody and this year LOROS has places! So saddle up, train hard and prepare yourself for an unforgettable experience through the beautiful Kent countryside, crossing the channel by Eurostar to Calais then on to the Arc de Triomphe via the Champs-Élysées before your chance to watch the last day of the Tour de France!
loros.co.uk/londontoparis

The Mudnificent 7
Saturday 17th August
Get muddy in this 7km mud run tackling seven different obstacle races. Take part with #TeamLOROS and experience something different in 2019!
loros.co.uk/mud

RideLondon–Surrey 100
Sunday 4th August
Take part in the UK's biggest sportive alongside some 20,000 riders. Starting from The Queen Elizabeth Olympic Park, the route weaves through the centre of London before embarking on a lap of stunning country roads in the Surrey Hills. You'll finish your epic ride back in the heart of the capital with a medal to show off your amazing achievement.
loros.co.uk/ride100

Static Triathlon
All year round
Challenge your colleagues and fundraise for your local hospice. Raise funds for LOROS using our treadmill, exercise bike, rowing machine or all three! Set your team a challenge and we'll bring the equipment.
loros.co.uk/static-tri

How YOU can help LOROS

Our services are free of charge to patients, their family and carers.

Please help us by:



Volunteering your time



Making a cash donation



Leaving LOROS a gift in your Will



Joining our Lottery



Sharing your experience to raise awareness of our work



Becoming a Friend of LOROS by giving regularly



Buying from, or donating to, our shops



Organising or going to fundraising events

GIFT AID IT!

Gift Aid is a valuable source of income for the charity sector, adding £1.3 billion in income each year but £560 million in Gift Aid goes unclaimed!

If you're donating to one of our shops, or at the Hospice, spare a minute to fill in a Gift Aid declaration form. You can add 25% to your donation at no extra cost to you!

Every penny counts - thank you for your support.

You can find out more about Gift Aid on our website loros.co.uk/gift

Under The Sea Twilight Walk 2019 Sign Up Form

2018/FTW/01

Title	First Name	Surname	DOB
Address			Postcode
Email		Telephone	
Emergency Contact Name		Emergency Contact Number	
PLEASE COMPLETE THE PAYMENT DETAILS BELOW			
Card Number:	<input type="text"/>	Start Date:	<input type="text"/>
	<input type="text"/>	Expiry Date:	<input type="text"/>
Signature:		Date Signed:	
Alternatively, you can pay by cheque, payable to 'LOROS' and sent to LOROS Fundraising, LOROS Hospice, Groby Road, Leicester LE3 9QE			
In 2018, 240 Twilight Walkers took on the Hundred Hero challenge to raise at least £100 each. Together they raised an incredible £24,000 for LOROS! Would you like to be a part of the Hundred Heroes Club in 2019? You will receive exclusive benefits if you sign up!			
Do you want to be part of the Hundred Heroes Club in 2019?		Yes <input type="checkbox"/>	No <input type="checkbox"/>
Tshirt size required:		S <input type="checkbox"/>	M <input type="checkbox"/>
		L <input type="checkbox"/>	XL <input type="checkbox"/>
		XXL <input type="checkbox"/>	
We need more than 100 volunteers to be able to run this event! Do you know someone over 18 who would like to help? Please leave us their name and contact details:			
Would you like to donate your unwanted pre-loved goods on the night to our Donation Station? If you check 'Yes' we'll send you everything you need to donate. Yes <input type="checkbox"/>			
Please give details of any pre-existing medical conditions or medication being taken that may affect your participation in this event.			
If you would like to leave a message in memory of a loved one, please do so here. Messages will be displayed on a big screen at some point during the evening.			
Video and photographs may be taken at this event for marketing purposes. Please contact a LOROS representative if you do not wish for your image to be used.			
We'd like to keep you updated with our news, activities and appeals. We'll do this by post, but if you'd also like to receive such updates via email please choose yes below (You can change your preferences at any time):		If you do not wish to receive any of this type of information, please tell us using the box below. We still need to email you about your participation in this event.	
<input type="checkbox"/> Yes, please update me on your news activities and appeals via email		<input type="checkbox"/> Do not contact me AT ALL about any news, activities and appeals	

LOROS (including LOROS Lotteries and LOROS Enterprises) will only share your data with suppliers working on our behalf or if ordered to do so by law. For full details of what we do with your personal data (including your rights), see the privacy policy at loros.co.uk/privacy

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Dunelm
The Home of Homes

Leicester's BIGGEST GIRLS' NIGHT OUT



2019
LOROS
TWILIGHT WALK

Under the Sea

Saturday 6th April

**A 10km
sponsored walk**
open to women of all ages
starting from 5.30pm
at the King Power
Stadium

**ONLY
£10pp**
before 1st Feb
(£30pp on the night)

loros.co.uk/twilight



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would like to work
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loros.co.uk/businesspartners

LOROS Groby Road, Leicester LE3 9QE

☎ (0116) 231 8431/2

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LOROS

Hospice Care for Leicester, Leicestershire & Rutland

Being there for you
and your family