

# LOROS matters

For friends  
and supporters  
of LOROS Hospice

Winter  
2015/16



**LOROS**

Hospice Care for Leicester, Leicestershire & Rutland

A vision  
of the future



30 for 30 a triumph as LOROS  
celebrates three decades



Excitement as LOROS  
opens Golden Mile shop

# Welcome

Welcome to the latest issue of LOROS Matters. Thank you for your ongoing support and interest in your local hospice.

It's worth pausing for a moment to remind ourselves how much LOROS does indeed 'matter'. Our services are of vital importance to so

many people across Leicester, Leicestershire and Rutland – not just our patients and their families, but also to their friends and work colleagues, doctors, hospital staff and community nurse specialists, all of whom refer people to LOROS.

September proved to be the special month that everyone had hoped for, particularly in being able to mark our 30th anniversary. The brilliant 30 for 30 campaign was an outstanding success, with massive media coverage every day throughout the month. This was primarily designed to increase public awareness; however, as the event gathered momentum, we were also fortunate to generate some significant donations.



John fundraising with the LOROS senior management committee for our 30th anniversary

**“Our services are of vital importance to so many people across Leicester, Leicestershire and Rutland”**



A personal highlight for me was the senior management team undertaking a sponsored static triathlon to mark the occasion. Sticking with the '30' theme, we each rowed 3,000m on a rowing machine, cycled for 30 minutes on a static bike and ran for a total of 30km between us on the treadmill. The event proved not only a good fundraiser but also a great team building opportunity.

I hope that you'll enjoy this issue.

**John Knight**  
Chief Executive

**LOROS**  
Hospice Care for Leicester, Leicestershire & Rutland

Being there for you and your family

© 2015 LOROS

**LOROS**, Groby Road,  
Leicester LE3 9QE

(0116) 231 3771

info@loros.co.uk

Registered Charity No: 506120  
Registered Company  
in England & Wales: 1298456



A vision of the future 4



Create a LOROS Lasting Tribute 17



LOROS 2016 events 18



Over indulged at Christmas? Fancy a laugh? 34

## Inside this issue

30th anniversary triumph .....	6-7
Specialist support for MND patients .....	9
Volunteer for LOROS .....	10-11
Ian's story .....	12-13
The importance of research .....	14
How LOROS protects your data .....	15
Developing our healthcare assistant workforce	16
All in a day's work - Jacky McBlain, Ward Manager	20-21
Community heroes .....	22-23
Champa's story .....	24-25
LOROS shops focus .....	26-27
Wedding favours in memory of Ida .....	28
Help us to be here for future generations .....	29
Corporate heroes .....	30
Your sponsorship helps us raise vital funds ...	32
Fancy a challenge for LOROS? .....	33

**Fold out form**  
Join us for the biggest girls' night out in Leicester! Register now

# Exciting plans for LOROS



New day therapy area as viewed from the gardens



The proposed new Clinical Skills Centre

Following a period of extensive consultation and planning, LOROS is poised to begin vital improvements to our Groby Road site.

For several years now, LOROS has been considering how it can most effectively provide palliative care and end of life services for the future and also help develop even better professional practice across the health and social care sector. With that in mind, and subject to final planning consent, the

Hospice aims to invest in its day therapy facilities starting in the summer of 2016. We will begin by extending the building significantly, both to improve the size and quality of the physical space and to allow more day therapy patients to visit on a regular basis. Secondly, and in a separate and later phase,

the Hospice will invest in a state-of-the-art training centre, which will ensure that LOROS continues to be a leading voice in end of life care.

LOROS Chief Executive John Knight said: "Like any progressive organisation, LOROS needs to remain

responsive to the changing needs of the community that it was established to serve. Under the plans we will create more space and bespoke facilities for our day therapy and lymphoedema services. In our new clinical skills training centre we'll pass on to health and social care professionals our expertise in

end of life care, promoting excellence and improving the experience of patients, their families and carers outside of the Hospice."

The plans will come to fruition over the coming three years and will, in the majority, be funded from historic legacies, the sale of

Manor Croft (our previous day care building, located in the city) and other funds carefully reserved over time for this very exciting development.

LOROS will be working hard to ensure there's as little disruption as possible to our residents and neighbours.



CELEBRATING  
**30**  
YEARS OF CARING

## 30 for 30 a triumph as LOROS celebrates three decades

Last year was an extremely exciting time for LOROS, as we hit a huge milestone by turning 30 – and boy did we celebrate!

The whole of 2015 was bursting with events surrounding the number 30, to help us recognise three decades since the opening of our Groby Road Hospice.

We challenged people in Leicester, Leicestershire and Rutland to help us celebrate, and suddenly we found everyone wanted to be involved.

From singers performing 30-minute gigs, to staff members taking part in a static triathlon, a huge range of events was organised to celebrate our 30th birthday.

A host of celebrities got involved, including fashion guru Gok Wan, who backed our 30 for 30 campaign, which ran throughout September – the month the Hospice officially opened in 1985.

The BBC's The Voice finalist Sally Barker performed a number of pop-up gigs for the Hospice, and LOROS patron and Leicester

City ambassador Alan 'Birch' Birchenall and Filbert the Fox tried their hands at 'working' at the Hospice.

Fellow sporting legend, former Leicester Tigers and England rugby player Neil Back paid a special visit to LOROS and donated 30 signed copies of his latest book to staff and patients. Boxing star Rendall Munroe

also backed the campaign by organising 30 boxing spars in one day for LOROS.

A number of local businesses and organisations got involved, including Palmers Garden Centre in Enderby, which hosted an extra special Paloma Faith tribute night, as well as Crane Electronics Ltd, whose staff created a book

called '30 Reasons to Smile' especially for the Hospice's birthday.

Fingerprints Delicafe, on Queens Road, also jumped on board, donating 30% of their beverage sales from one day in September, while Leicestershire County Council organised a range of events to help us celebrate.

With so many people from the community getting involved, it was only right that LOROS staff did their bit too: the senior management team completed a static triathlon, the LOROS Singers put on a special concert and other staff tried pole dancing, or took part in a pub crawl around Leicester city centre.

The year was topped off with our very own LOROS Prohibition Ball in November, which saw hundreds of people taken back to the 1930s for a night of dancing and entertainment.

All in all, the year was a big success, with thousands of pounds raised for the Hospice and a huge amount of awareness generated about LOROS services.



## VALE in the community

This year-long project aims to enhance existing community services by offering a trained LOROS volunteer to be with a patient in their own home during their last hours or days of life. It is part of the home visiting service and is being offered initially in the Melton Mowbray area.

Our VALE (Volunteers at Life's End) project supports patients and their families by providing a trained volunteer to sit alongside the patient, providing a reassuring, supportive presence and helping the team caring for the patient to enable him or her to

remain at home if they wish. The volunteers all have a health or social care background and are experienced in caring for the dying, offering interaction, quiet reflection, or simply handholding

– whatever the patient's choice. The patient's GP and district nursing team will continue to provide the clinical care. It is anticipated that people with no family or significant other, or those whose family is distant, frail or exhausted are most likely to be referred to this service.



## Specialist support for MND patients



LOROS is pleased to introduce a new project we have launched to support people with Motor Neurone Disease (MND).

Funded by the MND Association for two years, the project is taking a new approach to supporting people with MND across Leicester, Leicestershire and Rutland. We have introduced a specialist skill mix of staff to support patients through regular multi-disciplinary team meetings,

MND clinics, home visits and telephone calls.

The team will also be there to refer patients to the right services as and when they need it.

Headed by specialist nurses Jane Glover and Jo Joyce, the team now also includes assistant practitioner Louise Clay and registered nurse Omina Yasmin.

Louise has worked on the

inpatient ward at LOROS as a healthcare assistant for four years. After gaining a Foundation Degree in Health and Social Care she was successfully recruited to the full-time position of a level-four assistant practitioner within the new MND team.

Omina first became interested in MND after working on a neurology ward when she first qualified as a nurse. With a passion for palliative care, she began working at LOROS on

the inpatient ward five years ago, at which time she became the MND link nurse. Omina works one day a week and is an excellent link between the inpatient unit and the MND team.

It is hoped this project will help to shape and strengthen the care provision for MND patients in the future and is a great example of two organisations working together to enhance patient care.

# Volunteer for LOROS we need you!

Volunteers are such a huge part of LOROS and we always need more people to help us.

Do you have some spare time to give or want to gain valuable work experience?

From volunteer drivers to those who fancy spending time with patients in day therapy, there really is a job for everybody.

We're always looking for volunteers to help at the Hospice, but there are also roles in our lottery team, within the community and at our 28 shops, situated around Leicester, Leicestershire and Rutland.

And of course, our fundraising team is always looking for volunteers to lend a hand at our calendar of events!

Still not sold? Here are a few words from some of our current volunteers...

**"It's all about giving something back and using my creative skills to make a difference"**



**"I volunteer at LOROS because I am grateful for my life and wish to repay them for their work"**



**"I wanted to devote some time to helping others. I was inspired by the courage and attitude of the patients"**



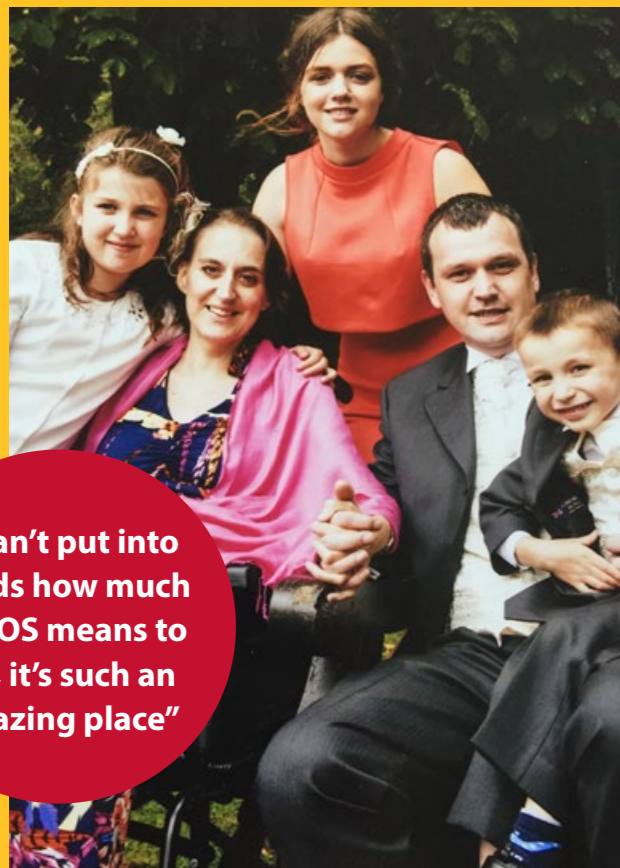
**"I wanted to give something back to the Hospice as I have personally experienced the work that they do. My time volunteering gives me a lot of satisfaction and it is a privilege to work with such wonderful people"**



A big thank you to the 1,000 people who already give up their time to volunteer at LOROS every year, the Hospice would not be able to run without the wonderful work you do. But we're always looking for more!

**Do you want to be part of something amazing? Do you fancy becoming a LOROS volunteer?**

Visit [loros.co.uk/volunteering](http://loros.co.uk/volunteering)  
call (0116) 231 3771  
or email [volunteering@loros.co.uk](mailto:volunteering@loros.co.uk)



## Ian's story

■ How do you tell a four-year-old and a nine-year-old that mummy's died? That's not something anyone wants to do. The counselling team at LOROS helped me with the children. They helped me prepare myself for when Mel died. **Without them, I don't know what I would have done.**

Ian's wife Mel was just 34 when she was diagnosed with cervical cancer. She came to LOROS last year, following a three-year battle with the illness.

The couple, who had been married for 10 years, have two young children, Charlie, just four at the time, and Imogen, nine.

"We were told 18 months before she came to LOROS that the cancer was terminal," said Ian, 35, from Hinckley."

Mel was brought in to LOROS last year.

"It was getting too much at home. I was juggling caring for Mel and the two children. It was extremely hard," said Ian, who also has a daughter called Georgina from a previous relationship.

"I just couldn't continue on my own, and then LOROS stepped in.

"When we came to LOROS, it gave us a sense of normality again. Mel was able to be a mum and I was able to be a dad."

Mel was so ill that she was unable to do even little things with her children at home, like give them a cuddle but Ian said these became possible when she came to LOROS.

"I can't put into words how much LOROS means to me, it's such an amazing place."

One of the hardest things for Ian was how to tell the children when their mum died.

"LOROS didn't just care for Mel, they supported me as well," he added.

"I remember, as I was leaving the Hospice, one nurse asked me how I was doing – nobody had asked me that before.

"Then I started meeting with the counsellors and they gave me all the information I needed to help with the kids.



"I didn't know LOROS offered that support for me too. They not only helped Mel cope with having cancer but they helped me cope with what was going on as well."

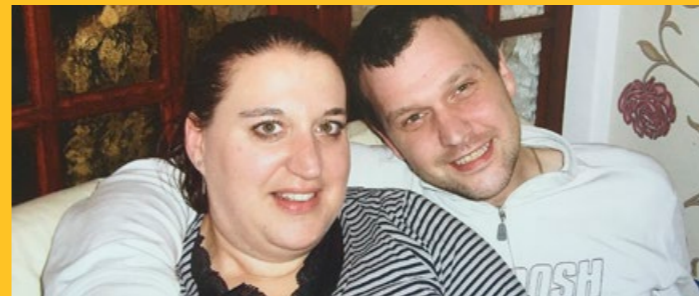
Mel died on 29th November with her mother and Ian by her side.

"They just did anything and everything for us at LOROS, at any time of the day. I think I would've had a complete breakdown without them."

### Share your story

Sharing how LOROS has helped you is an incredibly powerful way of promoting the important work the Hospice does. If you'd like to know more or to submit your story, call **(0116) 231 3771** or email **stories@loros.co.uk**

"I can't put into words how much LOROS means to me, it's such an amazing place"





**“LOROS has demonstrated exactly how a hospice can take the research agenda forward”**

research agenda with resources, training and commitment to building the evidence base for the care hospices can provide.

“There is currently a shocking lack of investment nationally in palliative research – just 10p in every £100 that is spent on medical research. So it’s good to see LOROS has chosen to invest some of its hard-earned funds into work that will drive palliative care forward to improve support and care for patients and their families.

“LOROS is leading the way with the Centre for Promotion of Excellence in Palliative Care, its collaboration with De Montfort University. We hope to widely share their experiences and resources with other hospices to inspire them to take the next steps.”

## The importance of **research**

In August, LOROS’ Professor Christina Faull welcomed Dr Ros Taylor MBE, National Director for Hospice UK, to LOROS.

### Here’s what Dr Taylor said after her visit...

“Dame Cicely Saunders identified three vital pillars of hospice care – care, education and research. Research has been the last pillar to be

taken up widely by hospices but we are at a really exciting crossroads. LOROS has demonstrated exactly how a hospice can take the research

agenda forward and I was really inspired to read the latest Research Impact Report. It feels as though the whole of LOROS is now behind the

## How LOROS **protects your data**

Charity fundraising came under the spotlight recently following a newspaper investigation into the practices of a number of organisations.

You may be aware of the media coverage on this issue and we were probably as shocked as you to learn about it. We would like to take this opportunity to assure you of the following:



- 1** LOROS has never, and will never, sell your data to any other charities or organisations.
- 2** LOROS has never, and will never, swap your data with any other charities or organisations.
- 3** We do not want to send mail to anyone who isn’t interested in receiving it.
- 4** We’re guided by the eight principles of the Data Protection Act (1998).
- 5** While we sometimes use contractors rather than LOROS employees to perform a service, the companies responsible are only permitted to use such data for our activities. They cannot use it for themselves and we ensure your data is fully safeguarded at all times.



We are incredibly grateful for the help we get from our supporters – without you we simply couldn’t provide the care that we do – so we want to keep you informed about news, upcoming events and how your generosity is helping our patients. However, if you don’t wish to receive some of the mail you get from us, please email [info@loros.co.uk](mailto:info@loros.co.uk) or call (0116) 231 3771

To read more about our data protection policy, visit [loros.co.uk/data](http://loros.co.uk/data)





Donna Walker (pictured not in uniform) with some of our healthcare assistants

## Developing our healthcare assistant workforce

In April, former LOROS healthcare assistant (HCA) Donna Walker joined the education team as an assistant practitioner, with a specific remit to support new and existing HCAs in the Hospice.

Her job involves orientating new HCAs into the organisation, helping them to achieve the new, nationally-recognised Care

Certificate, and developing the clinical apprentices that have recently been recruited to the ward and day therapy team.

A further development was the progression under a new talent management scheme of two other members of staff within the

Hospice who really wanted to work as HCAs, but did not have the required qualifications. Under this scheme they have now successfully moved into a HCA role and will be training on the job to secure their qualification while working.

Finally, we are keen to provide progression opportunities for our staff and have recently promoted three HCAs into senior HCA roles, to provide mentoring and guidance to colleagues on the ward.

We are very proud of our HCAs, they do a fantastic job; the above initiatives are now forming a pathway facilitating progression from an apprenticeship all the way through to pre-registration nurse training.

# Create a LOROS Lasting Tribute

Remember someone precious with a lasting tribute and celebrate their life in a very special way.

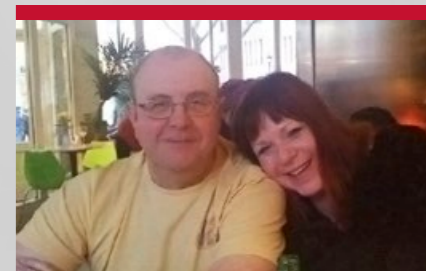


### What is a lasting tribute?

- It's a website that enables people to support LOROS and commemorate a loved one's life by enabling people to make donations at special occasions or fundraising events.

- It keeps memories close and provides somewhere personal to share messages, stories, favourite pictures or videos, and to light a candle or set up a remembrance garden. It's a place of comfort that is stored centrally so you can visit any time.

- It allows friends and family to honour a loved one's memory and raises valuable funds to support LOROS. Guests can donate to your lasting tribute instead of giving gifts at birthdays and anniversaries or in lieu of flowers at a funeral.



*"Different people handle loved ones dying in different ways and often people didn't know what to say. Having a LOROS Lasting Tribute page meant people didn't have to say anything for me to know they were thinking of David and me, they could just write on the page. The page is good for so many reasons, but above all it means we can continue raising money for LOROS and give something back in David's memory."*

**Helen Hogan**

**For more information on LOROS Lasting Tributes, visit [loros.co.uk/tributes](http://loros.co.uk/tributes), call (0116) 231 8431 or email [tributes@loros.co.uk](mailto:tributes@loros.co.uk)**

# LOROS 2016 events

**Saturday 12th March**  
**LOROS Annual Fashion Show**  
 Athena, Leicester

Sixth annual fashion show – this is not one to be missed!

**The LOROS Fashion Show**



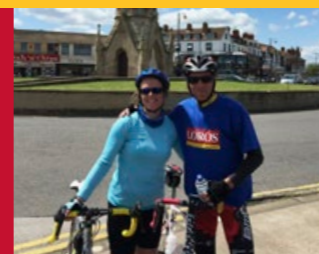
**Sunday 8th May**  
**LOROS Paws 4 a Cause**  
 Abbey Park, Leicester

A 4km sponsored dog walk around Abbey Park with their owners.  
[loros.co.uk/paws](http://loros.co.uk/paws)



**Saturday 4th June**  
**Leicester to Skegness Bike Ride**  
 Clock Tower, Leicester

Cycle the 82-mile road route from clock tower to clock tower. Minimum sponsorship is £100.  
[loros.co.uk/skegnessbikeride](http://loros.co.uk/skegnessbikeride)



**Tuesday 14th June**  
**Rothley 10K**  
 Rothley village

The popular 10km run, organised by the Rothley and Soar Valley Lions Club. Sponsored by Mattioli Woods. Please run in aid of LOROS.  
[loros.co.uk/rothley10k](http://loros.co.uk/rothley10k)



**Saturday 9th April**  
**LOROS Annual Twilight Walk**  
 The King Power Stadium, LCFC

LOROS' annual, ladies-only Twilight Walk with a fairytale princess theme.  
[loros.co.uk/twilightwalk](http://loros.co.uk/twilightwalk)



**Wednesday 18th May**  
**LOROS Annual Ladies' Lunch**  
 The King Power Stadium, LCFC

Annual ladies' luncheon, with tennis coach Judy Murray as guest speaker.  
[loros.co.uk/ladieslunch](http://loros.co.uk/ladieslunch)



**Wednesday 8th June**  
**LOROS Colourfun Mile**  
 Hinckley town centre

Be showered in multi-coloured paint as you run the happiest mile in Hinckley! Upon entry you will receive a FREE white t-shirt.  
[loros.co.uk/colourfun](http://loros.co.uk/colourfun)



**Thursday 16th June**  
**Royal Ascot Ladies' Day Experience**  
 Leicester Racecourse

Live screening of the races, a glass of fizz and a four-course lunch, with a variety of pop-up shops.  
[loros.co.uk/ascot](http://loros.co.uk/ascot)



**Friday 29th April**  
**LOROS Annual Golf Day**  
 Rothley Park Golf Club

Annual golf day with teams of four. Shotgun start. Sponsorship opportunities available.  
[loros.co.uk/golf](http://loros.co.uk/golf)



**Sunday 29th May**  
**Raise the Roof for LOROS**  
 De Montfort Hall

Come and Sing Choirs perform in a matinee and evening concert. Call the booking office on (0116) 233 3111



**Saturday 11th June**  
**Music in the Park**  
 In the grounds of Wistow Hall

Picnic in the grounds whilst listening to bands – Krisis and Hathern Band. A great firework display completes the occasion.  
[Visit wistow.com](http://wistow.com)



**Saturday 2nd July**  
**LOROS Colour of Ribbons**  
 LOROS Hospice

Tie a ribbon on a tree in the Hospice grounds to celebrate a loved one.  
[loros.co.uk/ribbon](http://loros.co.uk/ribbon)



# All in a day's work

I'm Jacky McBlain and I'm the Ward Manager at LOROS. I've worked at the Hospice since 1st October 1990 and in that time no two days have been the same. That's what I love about working here – it's exciting, varied and incredibly rewarding.



My role is to oversee safe patient care of the highest standard. Plans change completely according to patient and family needs. For instance, I could be tasked with bringing Christmas forward for somebody or even organising a wedding.

**7.15am:** I arrive at LOROS and make sure all staff are here,

before reviewing patients due to arrive and allocating them to the green, blue or red nurse team.

**7.45am:** I complete the overnight report for the ward clerk, who then distributes it to other departments.

**8am:** I liaise with other team members to ensure the smooth



running of the day ahead.

**8.30am:** I walk around the ward saying hello to patients and their families.

**9am:** I meet with the senior doctor and discuss patient care. We review bed availability to ensure we know what capacity we have to admit any more patients that



"I am involved in various initiatives that focus on enhancing the care that we provide"

day, or the next. I also check out-of-hours telephone calls that LOROS received overnight and follow up any actions needed.

**9.15am:** I co-ordinate team handovers in the ward office where the individual nursing teams handover to the early team, doctors and multi-disciplinary team.

That's where the structured part of my day ends – and it's only 10am!

From here on, I spend time communicating, while supporting and responding to anything that comes my way.

I talk to patients and families whilst supporting staff, including housekeepers, the ward clerk and volunteers.

**1.30pm:** I ensure a safe handover of care takes place from the early to the late shift.

I am involved in various initiatives that focus on enhancing the care that we provide and represent my ward at various meetings to support this. These are often in the afternoon when I also make time to respond to emails and staff queries.

When I have a spare five minutes(!) I try to find time to do my coursework for the Leadership and Management Diploma I'm studying!

**5pm:** That's when my day usually finishes.

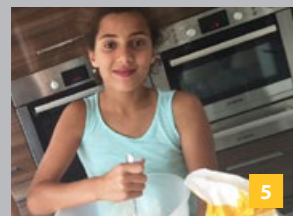
## Did you know?

- We admit two to four patients to our ward each day.
- More than 50% of admitted patients return home after treatment.
- The average stay for each patient is 12 days.
- It costs £25 an hour to care for one of our inpatients.

# Community heroes



**Thank you for your support**  
We need to raise £4.5 million every year to be able to deliver our care – every penny raised makes a difference to our patients and their families.



**1.** CARS of Hinckley and the Queen's Head Golf Society continued their fundraising with a further £1,221 raised from this year's Golf Day.

**2.** On a bright and sunny Saturday in July, Jessica Lowe, Rachel Evans, Tracey Phillips, Anita Pancholi, Edward McCann and Srajal Lalseta all took part in a skydive to raise funds for LOROS.

**3.** Top snooker player Shaun Murphy and Leicester Tigers players Manu Tuilagi and Logovi Mulipola helped raise £947 at The Winchester snooker club, Wigston.

**4.** Enderby Young Farmers raised £2,000 from their 40th anniversary celebration party.

**5.** A charity tea party in Swannington raised £215. Lorna (pictured) organised the event with her two brothers George and James, and with the help of Caroline Turakhia and Sonia Williams.

**6.** Teenage cousins Reanna and Vyom raised £1,500 during the Jain festivities from a nine-day fast with only boiled water.

**7.** Kat Hampson braved the scissors by cutting her waist-length blonde hair into a short crop and raised £1,450.

**8.** The Radha Kripa Trust celebrated raising £501 from its fundraising throughout 2015.

**9.** The LOROS team celebrate at the finish of the 96-mile West Highland Way walk.

**10.** Huge congratulations to Samantha Creese and friends, who have raised more than £800 by competing in the Wolf Run.

**11.** Thirsty for 30 – a fantastic idea of LOROS' IT Support Engineer, Alan Law, who challenged the team to visit 30 local pubs in a day and raised £335.

**12.** David Gregory finished his 12 half-marathons in 12 months for LOROS, raising £2,543. He was joined by other members who collectively raised more than £14,000.



# Champa's story

■ "LOROS was such a good place. I used to pray all of the time and nobody would disturb me when they knew I was praying. Even the moment my husband died, I prayed for him and still, the doctor and the nurse, they stayed outside the room."

Grandfather-of-four and father-of-four Balkrishna Dixit, 68, was first diagnosed with prostate cancer in 2007. He had several operations and for six years his condition started to improve. However, in 2012, he was told the cancer had returned. Last year, he was given the devastating news that the cancer had spread and he was told he had just six months to

live. Balkrishna died at LOROS in February this year.

Here, his wife Champa Dixit, 68, of Hamilton, speaks of his final days in LOROS.

"Balkrishna was advised to come to LOROS by the community nurses, who visited him regularly after he was diagnosed.

"He started using the day therapy services there, and soon he was coming every Friday – he never missed a session, he was so happy there.

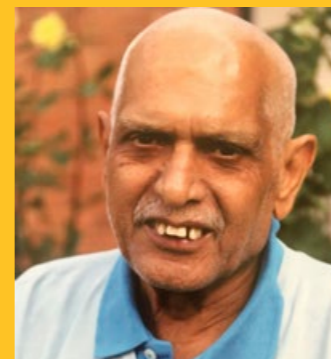
"He used to dress properly and shave off his beard especially for his visit to LOROS. He used to take sweets for the nurses. It was so good for him going there, he made so many friends.

"They laughed there and they did meditation, it was lovely. Balkrishna was given a massage for the first time in his life and he loved it, they helped with his pain – from then on, he had them regularly. He was just so happy when he went to LOROS.

"And for me, it was great because I was able to go and get my hair cut, or get a manicure or pedicure, or do

the shopping. I had become his full-time carer and was finding it hard; the nurses at LOROS could care for him so much better than I could.

"They really looked after my husband. You cannot complain about a single thing there. They are such good people, each and every single one of them. And my husband, he always came home feeling happy.



**"The nurses at LOROS could care for him so much better than I could"**



"In January, Balkrishna had a fall and was taken to hospital. That was on the Monday and by the Thursday, we were told they had a bed for him at LOROS.

"Balkrishna died five days later.

"He wanted to go in peace and he went in peace. I know if he had been at home, he wouldn't have been in peace."

Share your story

Why not share your story with us by calling (0116) 231 3771 or email [stories@loros.co.uk](mailto:stories@loros.co.uk)



Rukshana Cassoojee, Keith Vaz MP, Sonal Bhundia and LOROS CEO John Knight

## LOROS opens Golden Mile shop

In September, MP Keith Vaz officially opened our new LOROS shop in Leicester's Golden Mile.

The shop, which has special Gujarati signs, is the first of its kind on the Golden Mile and sells a variety of items, including western work clothes, kitchen accessories and sarees.

Keith Vaz said: "This is a fantastic opportunity for the Hospice to form a relationship with the Asian community in Leicestershire and I know lots of people in the area

were excited about the shop opening.

"I think it's wonderful that LOROS have gone to so much effort with their attention to

### USED MEDICAL EQUIPMENT

Please note we cannot accept donations of medical equipment at the Hospice, including items such as wheelchairs, commodes and walking frames. This is for health and safety reasons as we are required to purchase new items for the use of patients in our care. If you have any of these items you would like to donate for us to sell, we would be pleased to accept them in any of our 28 shops.

detail, including getting the signs translated into Gujarati.

"I want to encourage everyone to visit the shop and see what it has to offer, as well as donating any unwanted items you have lying around at home."

The shop is open Monday to Saturday from 11am to 7pm and on Sunday from 11am to 5pm.



### SHOPS AT LOROS

## Step into style with LOROS

Expect the unexpected at LOROS shops, as we receive hundreds of unique items every day, with many bargains to be had.

With 28 shops in the city, county and across Rutland, we're well known for our great quality fashion items at bargain prices, including scarves, accessories, shoes and clothes.

As well as stocking a selection of on-trend household items, we also offer wonderful gifts, perfect if you're looking to treat that special someone.

So whether you fancy a spot

of retail therapy, or want to update your wardrobe at half the price of the high street, head to a LOROS shop today – you never know what hidden treasures you'll find!

**Start the New Year in style** with this Issa aztec-pattern wrap dress, **original price £350, LOROS price £40!** Team it with a matching necklace for just £2.50 and this cute pair of John Lewis shoes for £10.

For more details on any of our shops, visit [loros.co.uk/shops](http://loros.co.uk/shops)

# Wedding favours in memory of Ida

**LOROS scratch cards** make perfect wedding favours as Hollie and Nick Fox found out when they married last August. Hollie wanted to ensure that a little part of the day would remind her of her nan, Ida, who died following a horse riding accident.

Ida had worked at LOROS for 13 years before retiring in October 2002, so using LOROS scratch cards as wedding favours seemed the perfect way of making sure she was remembered on the day.

The wedding took place at Thurlaston Country Park and was just what Hollie and her partner Nick wanted – a lovely day with their family and friends around them.

Our scratch cards are available direct from the lottery office or in smaller quantities from all LOROS shops. They can be included in birthday or Christmas cards, given as gifts for any occasion or used for those all-important wedding favours on your big day. As well as making an excellent icebreaker as people sit down at their table, they can also double up as place names when slipped into colour co-ordinated envelopes.

We guarantee they won't be left untouched on the table and wouldn't it be fantastic if one of your guests won £1,000? **At just £1 each you can't go wrong.**



# Help us to be here for **future generations**



My name is Rachel Hill and I recently returned from maternity leave. Part of my new role is to look after Gifts in Wills and I am really excited to be leading this area. Every gift in every Will makes a

difference, however large or small.

If you are considering leaving us a gift then the wording to the right can be used in your Will. We always recommend that you take professional advice to ensure the gift meets your personal circumstances.

## **Residuary gift (that is any % from 1% to 100% depending on your circumstances)**

I give a ... % share of the residue of my estate to LOROS to be used for its general charitable purposes and I declare that the receipt of their Treasurer or other proper officer shall be a full and sufficient discharge.

## **Cash gift (any sum of money)**

I give free of tax to LOROS Charity number 506120 the sum of £ [words and figures] to be used for its general charitable purposes, and I declare that the receipt of their Treasurer or other proper officer shall be a full and sufficient discharge.

**"Your Will is a unique opportunity to support LOROS' amazing work at a time when you are free to give as much as you want – and remember the gift will be free of inheritance tax." Peter Wood, InHouse Wills**

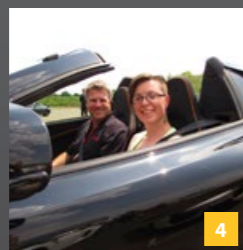
**MAKE  
MAY THE  
MONTH**



The LOROS free Will Writing campaign keeps it easy for supporters to make a Will while helping to guarantee the Hospice's future. Due to the campaign's popularity, it will run again in May 2016. It costs nothing, but if you're kind enough to include a legacy, it will help secure the Hospice's ongoing services.

For more information on gifts in Wills or our Will Writing campaign, please call Rachel on (0116) 231 8431, email [rachelhill@loros.co.uk](mailto:rachelhill@loros.co.uk) or visit [loros.co.uk/wills](http://loros.co.uk/wills)

# Thank you for your vital support



## Corporate heroes

1. 12 teams took part in the annual **PwC Quiz Night** in aid of LOROS. The event raised more than £2,000, which was doubled by PwC!

2. **Qdos Consulting's** 24-hour, static climbing challenge raised £2,000.

3. Staff at **Furnley House Ltd** challenged themselves to squeeze 11 people in a Fiat 500 with sponsorship going to LOROS. They raised £374!

4. **Everyman Racing** donated £6,000 to LOROS from their 4x4 off-road experience.

5. A 68-mile bike ride completed by staff at **Sainsbury's Local** on Leicester's Queens Road secured £600 for the Hospice.

6. Teams from **BDO** and **Freedom Care** each completed the Three Peaks challenge raising £3,000 in total.

7. From ongoing book sales at their branch, through to participating in LOROS challenges, campaigns and events, the **Coventry Building Society** team raised more than £3,000.

For more details about corporate support and our Charity of the Year partnership please call our fundraising team on **(0116) 231 8431**.

## Getting nifty with a fifty

**Eighteen Accumulator Challenge teams raised more than £30,000 for LOROS in just three months by growing the £50 stakes we gave them.**

Winners of the 'Most Money Raised' was the British Gas, Aylestone Road team, led by Tom Reichert and their key fundraiser, Daniel Chaplin. In total they raised £5,404.75.

Dedicated LOROS supporters Palmers Garden Centre, were runners up for the second year running, smashing last year's target and raising £5,010.

The winner of the 'Most Innovative Idea' was Freedom Care. They raised money by organising a Gary Barlow tribute night and being sponsored to face their fears.

The winner of the 'Most Engaging Idea' was HRG Leicester office for splitting their initial £50 between seven team leaders, who went on to recruit more people to embrace the campaign.

The teams continue to support LOROS. HRG organised a family fun day and a football match against British Gas raising an additional £561. Palmers recently presented LOROS with a cheque for £7,000.

**LOROS Accumulator Challenge 2016 kicks off in March. To register visit [loros.co.uk/accumulator](http://loros.co.uk/accumulator)**



Photos courtesy of Ambrose Mdsiyiwa, CivicLeicester





# Your sponsorship helps us raise vital funds!

More than 20 businesses swapped the office for the golf course to help raise more than £14,000 for their local Hospice. The event was sponsored by LCM Wealth Management, Spire Hospital Leicester and Mosdorfer CCL. Next provided the team prizes and Sam Spillane of SJ Events and Danny Spillane of Golf Retails Limited, the individual prizes. Camozzi Pneumatics Ltd, KPMG, Sygnet Signs, Stoll Knitting Machines and Walker Movements all sponsored the tees, while SJ Events supported the event.

Panasonic joined forces with Currys, Fosse Park, providing LOROS with a Blu-ray player for our annual Great Glen Wheelbarrow Race.

Morningside Pharmaceuticals sponsors the 2015 Light Up a Life campaign while Palmers Garden Centre provides us with the trees for this service.

By being a sponsor of our events and campaigns you'll receive numerous benefits for your business. Please call our fundraising team on (0116) 231 8431/2 or email [fundraising@loros.co.uk](mailto:fundraising@loros.co.uk) to find out more.



Winners of LOROS' Annual Golf Day 2015 event, one of the teams from Spire Leicester Hospital, with Diane Morris, Fundraising Manager.



From L-R: Magda Korytkowska, from LOROS; Ant Edwards, a Panasonic Promoter; Chris Salt, Duty Manager at Currys.



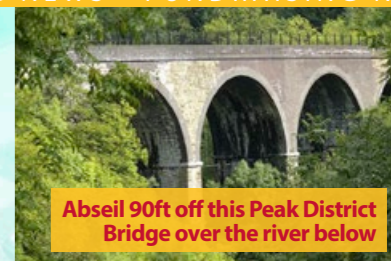
Leicester Racecourse kindly agreed to sponsor our new mascot. Look out for him at next year's events!

# Are you up for a challenge?

Feel **the rush** of falling 10,000ft at speeds of up to 120mph then sit back and enjoy the view as you glide back down to Earth!



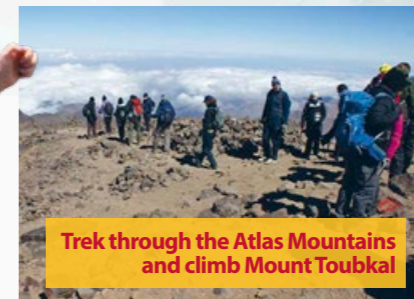
Tear through London on closed roads in the Ride London 100



Abseil 90ft off this Peak District Bridge over the river below



Cycle the 300 miles from London to Paris



Trek through the Atlas Mountains and climb Mount Toubkal



100km Trek Fest in 24 hours

If you have something else in mind, please get in touch or visit [loros.co.uk/challenges](http://loros.co.uk/challenges) to find out more

NEW FOR 2016

## Laughing with LOROS



LOROS is thrilled to be joining forces with Dave's Comedy Festival this February to bring you 'Laughing with LOROS' a campaign running alongside the local comedy festival which aims to dispel myths surrounding hospice care.

With a live stand-up performance here at the Hospice on Friday 19th February along with many other ways to get involved, this is a campaign that is sure to make our patients smile in more ways than one!



Find out more at [loros.co.uk/laughing](http://loros.co.uk/laughing)

Could you give up chocolate to raise funds for LOROS?

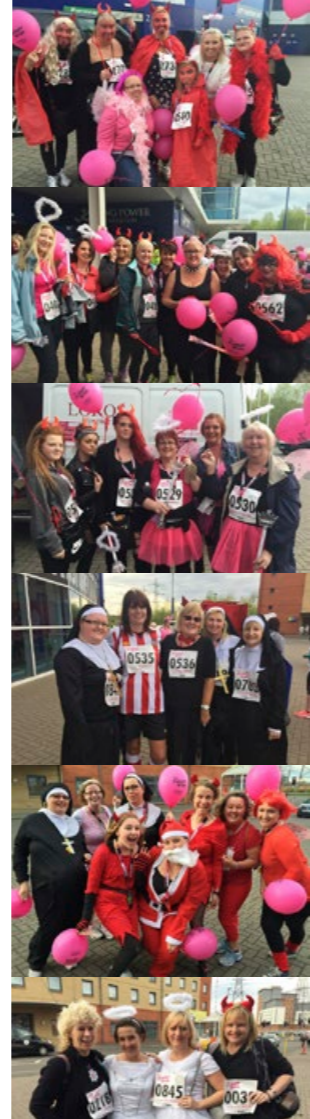


## DO YOU have what it takes to DECHOCS for March?

This March, LOROS is daring you to go one step further and give up chocolate to raise money for our terminally ill patients and their families.

You could get sponsored, or give up the money you would usually spend in the tuck shop or on your weekly (or daily!) treat.

For your fundraising pack visit [loros.co.uk/dechocs](http://loros.co.uk/dechocs)



## Book now for the biggest girls' night out in Leicester!

Calling all women, the LOROS Twilight Walk is back, and this year it's promising to be better than ever! And who needs an excuse to dress up as a fairytale princess and strut your stuff around Leicester city centre for LOROS? Not convinced? Have a look at these fabulous photos from last year and hear why more than 1,000 women took part.

So, mums, sisters, daughters, aunties, grandmas and friends, what are you waiting for? Sign up now and be part of something amazing this April. Oh, and men, don't think we've forgotten about you! Why not support your local Hospice by volunteering at the event? To sign up or to volunteer visit [loros.co.uk/twilightwalk](http://loros.co.uk/twilightwalk)

"Tremendous fun and for a very good cause"

"What a great night"

"Fab night, so glad to have been part of it"

"Brilliant night and lovely atmosphere - same time next year?"

"A truly wonderful evening"

## Entry Form

EARLY BIRD ENTRY FEE £10.00 BEFORE 1<sup>ST</sup> FEBRUARY 2016, £12.00 THEREAFTER.

PLEASE NOTE THAT REGISTRATION ON THE NIGHT WILL COST £30.00

One form per person. Please send form to: **The Twilight Walk, LOROS Hospice, Groby Road, Leicester LE3 9QE**



PLEASE NOTE THAT THIS IS A LADIES ONLY EVENT

\* Indicates a required field

SIZE OF T-SHIRT REQUIRED: \* S [ ] M [ ] L [ ] XL [ ] XXL [ ]

TITLE: \* \_\_\_\_\_ FIRST NAME: \* \_\_\_\_\_ LAST NAME: \* \_\_\_\_\_

ADDRESS: \* \_\_\_\_\_

POSTCODE: \* \_\_\_\_\_ TEL NUMBER: \* \_\_\_\_\_ EMAIL: \* \_\_\_\_\_

DATE OF BIRTH: \* \_\_\_\_/\_\_\_\_/\_\_\_\_ TEAM NAME: \_\_\_\_\_

EMERGENCY CONTACT: \* \_\_\_\_\_ EMERGENCY CONTACT NUMBER: \* \_\_\_\_\_

ETHNIC ORIGIN: \_\_\_\_\_

WHERE DID YOU HEAR ABOUT THIS WALK?: \_\_\_\_\_

WHY HAVE YOU CHOSEN TO WALK FOR LOROS?: \_\_\_\_\_

WOULD YOU LIKE TO BE SENT SOME POSTERS OR FLYERS FOR YOUR WORKSPACE? Enter a quantity for each POSTERS: \_\_\_\_\_ FLYERS: \_\_\_\_\_

I DO NOT WANT TO RAISE SPONSORSHIP BUT WOULD LIKE TO DONATE:

PLEASE ALSO COMPLETE THE PAYMENT DETAILS BELOW

PAYMENT BY: [ ] CHEQUE MADE PAYABLE TO 'LOROS' WITH CARD & PHONE NUMBER ON THE BACK

[ ] I AUTHORISE YOU TO CHARGE MY DEBIT/CREDIT CARD

CARD NUMBER: [ ][ ][ ][ ][ ]-[ ][ ][ ][ ][ ][ ][ ][ ][ ][ ] EXPIRY DATE: [ ][ ][ ]-[ ][ ][ ]

ISSUE NUMBER: [ ][ ][ ] START DATE: [ ][ ][ ]-[ ][ ][ ][ ] CARD SECURITY NO: [ ][ ][ ][ ] (Last three digits on signature strip)

PLEASE SIGN & DATE FORM BEFORE RETURNING. I CONFIRM THAT I ACCEPT THE TERMS & CONDITIONS ONLINE

SIGNED:

DATED:

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. Your personal information may be used by LOROS and its associated companies (LOROS Enterprises, LOROS Lotteries, LOROS Fundraising and LOROS Education) and agencies acting on behalf of LOROS to provide you with regular updates on its services and activities. If you do not wish to receive further information from LOROS please tick this box

Take a look inside...



**EARLY BIRD ENTRY FEE**  
Sign up before 1st February 2016 and pay only £10  
(£12 thereafter and £30 on the night)

# Join the LOROS LOTTERY today!



What YOU could win:

**1st Prize**  
**£2,000**

**2nd Prize**  
**£200**

**3rd Prize**  
**Rollover**  
\* Starting at £150 and peaking at £7,500!

**4th Prize**  
**£100**

**5th Prize**  
**£50**

**Plus 50 Prizes x £10**

Join the **LOROS Lottery** today and make a huge difference to local terminally ill people.

From just £1 per week, you can support your local Hospice and be in with a chance of winning up to £2,000, plus lots of other prizes.

Our draw takes place every Friday and 55 winners are selected at random. You are **more likely to win one of our prizes** than a National Lottery jackpot and the more entries you have per week, the greater the chance of winning!

It's quick and easy to join, just a telephone call to the Lottery Office on **(0116) 231 8430** and you could be in the draw as early as next Friday.



Being there for you and your family  
© LOROS 2016  
Groby Road, Leicester LE3 9QE  
Registered Charity No: 506120