

LOROS matters

For friends
and supporters
of LOROS Hospice

Winter
2019/20

Issue 11



Care for a Drink?

The launch of our fantastic new mobile bar
and coffee shop that's available for hire

LOROS

Hospice Care for Leicester, Leicestershire & Rutland



“As we enter our 35th year, our mission remains clear – to provide excellence in end of life and palliative care for all of our community.”

Welcome

I would like to wish you a very Happy New Year.

This issue of LOROS Matters showcases the difference that you, our friends and supporters, have made to our patients and families over the past year.

I'm particularly pleased to showcase our strategic plans for the years ahead (see pages 4-5), which bolster our long-held ambition to have a greater presence in delivering care in the community and being closer to people at home. Just one initiative is the Compassionate Communities project being developed in Market Harborough, funded by The Bowdens Charity.

Another long-held ambition has been to diversify our income

streams and find new ways to fund patient care. The launch of Care for a Drink (see pages 10-11) highlights how we are doing this.

2020 marks the start of our 35th Anniversary year, with September being the month that we welcomed our first patient all those years ago. We'll share our celebratory plans with you later in the year!

As we enter our 35th year, our mission remains clear – to provide excellence in end of life and palliative care for all of our community, something we simply couldn't do without your support.

As always, thank you.

John Knight
Chief Executive

LOROS
Hospice Care for Leicester, Leicestershire & Rutland

Being there for *you* and *your family*

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LOROS, Groby Road, Leicester LE3 9QE

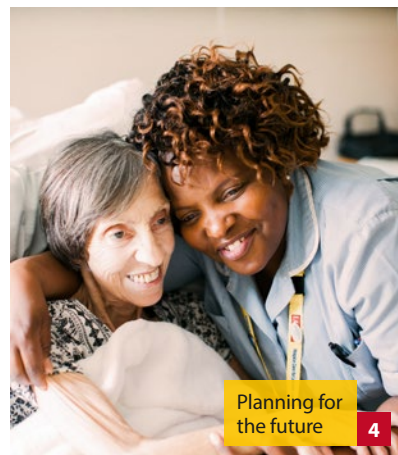
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✉ info@loros.co.uk

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FR Registered with FUNDRAISING REGULATOR



Planning for the future 4



Launch of Care for a Drink 10-11



Give every month, so we can be here every day 16-17



Leicester's biggest night out turns 10! 30-31

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Need to update your contact details? Use this handy form

Care FOR A Drink?

Hire me

We're excited to announce the launch of our fantastic new mobile bar and coffee shop, Care for a Drink.



Celebrating the launch of Care for a Drink are (l-r) Lionel the LOROS Lion, LOROS Catering and Hospitality Services Manager Hannah Bradford, LOROS Patron Mark Selby and LOROS Nurse Lauren Bailey.

Are you planning to host an outdoor event?
If so, why not hire Care for a Drink?

Care for a Drink offers a mobile drinks service across Leicester, Leicestershire and Rutland with all profits funding LOROS patient care.

Providing teas and coffees and a selection of cold drinks, or a licenced alcohol range of prosecco, beers and ciders, or a combination, we can tailor our offering to suit your event.

Hire **Care for a Drink** for your private event or book us to attend a community fair you are organising.

Our mobile service is ideal for corporate events, film and TV production shoots, parties, firework displays, country shows, fairs, weddings and much more.

We offer bespoke packages and prices to suit your requirements.

Care for a Drink is available weekdays, evenings and weekends with a dedicated team, offering a quality professional service.

Please contact us at careforadrink@loros.co.uk for more details and to find out about our competitive prices.





"A lot of people have these misconceptions surrounding hospices, that they're doom and gloom, and all about death. For me, LOROS has been about making the best of every situation."

Pete's Bucket List

■ Pete Huckle was determined to tick some very important items off his bucket list before he died.

With the help of family, friends and LOROS staff, the former chef was treated like royalty on a trip to London's West End to see the Lion King and also enjoyed a seven-course, gourmet tasting menu.

Pete was diagnosed with leukaemia in 2014 and following a bone marrow transplant, he suffered from graft-versus-host disease, where donor cells attacked his body tissue.

The 32-year-old's first bucket list item arose from a previous trip to see the Lion King on stage with best friend Vikki.

Pete explained: "We had been waiting for months to go but the magic just wasn't there for me. I was feeling unwell, very unwell in fact. And because of this I didn't really engage with the show. I couldn't get up the next day and was really suffering."



Pete sought medical advice, leading to his diagnosis with leukaemia and more than four years of procedures and treatments.

But Pete had unfinished business with the Lion King, and thanks to a grant from the John Heggs/Bates Fund and help from the team at LOROS, he and Vikki returned to London to watch the show again.

"The seats were the best in the house, the show



was fantastic. Every bit about my special day was perfect," he said.

Pete also hoped to fulfil a dream to dine at a Michelin-starred restaurant but was too poorly, so he and his former boss, James Bambury, designed a tasting menu, which he named Life's Compl-EAT.

With Pete's health deteriorating, James had days to organise a chef, waiters and fine-dining table dressings.



In the Day Therapy room, Pete and 15 of his closest family and friends – all dressed in onesies – enjoyed a delicious selection of canapés, followed by a duck liver starter, lemon sorbet, and a fish and meat course, before ending with Eton Mess and a cheeseboard.

"It was a genuinely beautiful evening, it was perfect," said Pete, of Church Langton, Market Harborough. "I feel like



life's complete now; my journey is complete."

He added: "A lot of people have these misconceptions surrounding hospices, that they're doom and gloom, and all about death. For me, LOROS has been about making the best of every situation."

Since telling his story, Pete has sadly died. His family wanted us to share the story in his memory.

Reaching out to a **new generation**

The LOROS Youth Ambassador volunteer programme launched with its first cohort of three in June 2019 and a second recruitment in October 2019.

The Youth Ambassadors, aged between 16 and 30, are working with the Youth Engagement Officer and Community Engagement team to raise awareness of

LOROS Hospice among youth communities across Leicester, Leicestershire and Rutland.

The ambassadors complete a minimum of a year volunteering with the Hospice and will receive formal recognition upon finishing.

The programme is cost neutral to LOROS thanks to financial support from NHS



England and Pukka Pies. The funding has enabled us to provide leadership and communication skills training for the ambassadors, which they are using in their role and when visiting schools, colleges and universities.

This new volunteering programme offers a variety of opportunities. The ambassadors have attended

the first Youth Voice Summit in London to support the signing of the Youth Charter by NHS England, as well as showcasing the programme at the Health Innovation Expo in Manchester.

We were also accepted to showcase the development of the programme at the Hospice UK Conference in November 2019.

Join our **fantastic** volunteering team!

A huge variety of volunteering opportunities are available at the Hospice and in the community.

Support our fundraising team by helping at events or by collecting charity boxes.

Volunteer on our Hospice snack bar, which serves visitors, staff and patients seven days a week from 8.30am until 9pm. The snack bar is often considered the central hub of the Hospice and is a great source of support for many people. We are particularly short of volunteers for evenings and weekends.

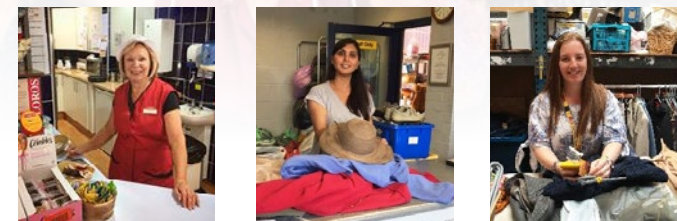
We have 29 shops and two warehouses, and urgently need

volunteers to help us in the following locations:

- Reuse shop at Gypsum Close Recycling Centre
- Pullman Road shop (and warehouse) in Wigston
- Glenfield shop (and warehouse)
- Wigston shop
- Furniture shops on Uppingham Road and Welford Road

If you're interested, please just pop in and have a chat with the shop managers.

Directions to our shops can be found at [loros.co.uk/shops](https://www.loros.co.uk/shops)



Are you a dab hand at eBay?
If so, we'd love to hear from you!
We're looking for people to help us list items to raise vital funds for LOROS.





Give every month and help us be here every day.

REGULAR GIVING
BECOME A
Friend of
LOROS



LOROS Regular Giving

Being diagnosed with a terminal illness is devastating, and turns a family's world upside down. What becomes important is making the most of the days, weeks and months left.

Can you give every month to help us be here every day?

By setting up a regular donation to LOROS, you will help ensure we can continue caring for our patients and their families, not just today but in the future as well.

Visit loros.co.uk/regular

£5 PER MONTH
COULD PAY FOR
A day of delicious meals for our patients every month.

£12 PER MONTH
COULD PAY FOR
An hour's home visit to a patient and their loves ones, giving their carers precious time to do other things.

£25 PER MONTH
COULD PAY FOR
An hour of care which means we can preserve the dignity of our patients through offering help with bathing, dressing and eating.

LOROS 2020 events

Saturday 14th March

LOROS Tower Run

St George's Tower, Leicester

Returning for its fifth year, take on this challenge to run or walk 351 steps to the top of one of Leicester's tallest buildings. Do you have what it takes to reach the top?

loros.co.uk/tower



Sunday 26th April

London Marathon

With our charity places already full for 2020, why not consider running this iconic race for LOROS in 2021. We will be accepting applications from April 2020.

loros.co.uk/london



Sunday 29th March

Sunday at the Musicals

Leicester Haymarket Centre

The return of this popular show with an amazing cast from the West End.

loros.co.uk/musicals

Saturday 18th April

Twilight Walk

King Power Stadium, Leicester

Join us for LOROS' biggest event of the year as we celebrate 10 years of Twilight on this 10km walk around Leicester city centre. We can't wait to see your fancy dress ideas for this year's 'Through the Decades' theme. See pages 30-31 for more!

loros.co.uk/twilight



Throughout May

Will Writing Month

Various Locations

Why not take advantage of our Will Writing Month in May 2020? We have teamed up with some of the finest local solicitors to offer a free Will Writing service, in return for a suggested donation to LOROS.

loros.co.uk/wills

Saturday 2nd May

Skydive Saturday

Sibson Airfield, Peterborough

Do something amazing this year and jump for LOROS! Fall from heights of more than 13,000ft and reach speeds of 120mph - an experience you will never forget!

loros.co.uk/jump



2nd - 8th May

Dales Way Walk

Ilkley to Windermere

The 80-mile Dales Way is a fabulous walk from Ilkley to Windermere, crossing the superb countryside of Yorkshire, Cumbria and the Lake District.

loros.co.uk/dales



Friday 15th May

LOROS Golf Day

Rothley Park Golf Club

Enjoy a round of golf at Rothley Park Golf Club at LOROS' annual golf day. Start the day off with a light lunch before heading out onto the course, then round the evening off with a three-course meal and entertainment.

loros.co.uk/golf

Wednesday 20th May

Ladies Lunch

King Power Stadium, Leicester

The annual Ladies Lunch sees us welcome guest speaker Sherrie Hewson to Leicester for an afternoon of entertainment, shopping and of course an excellent three-course meal.

loros.co.uk/ladieslunch



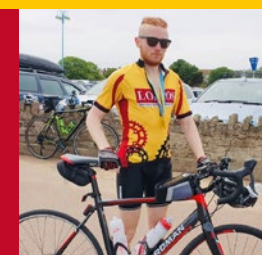
Saturday 30th May

Skegness Bike Ride

Leicester to Skegness

Cycle to the beach on this popular charity bike ride from Leicester to Skegness, covering the 92 miles from clock tower to clock tower!

loros.co.uk/skegness



Saturday 13th June

Music in the Park

Wistow Hall, Wistow

Bring along your picnic and chairs to a fantastic evening of family entertainment with the sounds of a wide variety of popular music provided by local bands. The evening ends with an incredible firework extravaganza!

loros.co.uk/wistow

To see our full programme of 2020 events, visit loros.co.uk/events

All in a day's work

I am Janet Manuel, Day Therapy and Outpatients Manager at LOROS. We offer fortnightly sessions for patients to help manage symptoms like breathlessness and fatigue, as well as providing emotional support.

7.30am: I arrive at the Hospice and look at the list of patients we have coming in today. As well as visiting Day Therapy, many will also see their consultants and I coordinate their appointments to make their visit as easy as possible.

8.40am: Handover. The Day Therapy team meets to discuss the needs of the patients attending. We assess levels of mobility and risk of

falls. We're joined by volunteer drivers who bring the patients in.

9.15am: The first patients begin to arrive, dropped off by relatives and volunteers. Staff welcome people in, whilst volunteers make patients tea and toast.

9.30am: We start our nurse-led assessment of patients. When a patient first comes to Day Therapy we look at their needs and create a programme of support and care for them.



11am: Wellbeing session. We run a range of different sessions from coping with breathlessness to armchair exercise, tai chi and mindfulness. These are very popular, and patients tell us they help provide techniques and strategies that can be used at home.

12.30pm: Lunch. Our kitchen assistant serves patients' lunches and volunteers help feed those that require help.

I spend some time contacting new patients. I have to risk assess their immediate needs over the phone and arrange which days they will attend.

1.30pm: Social activity. In the afternoon we run an activity like yoga or something fun like a quiz or bingo. Cecilia, our creative facilitator, will run an art therapy activity, like painting, which is great because patients can join in whatever their level.

There's always a lovely upbeat atmosphere in Day Therapy – it's often a very lively place in the afternoons!

Patients can access complementary therapy for a massage or reflexology and we also have volunteers who do hairdressing and manicures. The patient may be seeing their hospice consultant while they're with us, however, they might really want to have their hair done so we try hard to accommodate that.

2.30pm: Patients have tea and cake before they start to leave at 3pm. My team helps get them back on the minibuses to be driven home.

3.30pm: Nurses write up their assessment notes from discussions with patients.

4.30pm: Rooms are cleared, tidied and cleaned, ready for the next day's patients.



Did you know?

- We can take up to 20 patients at Day Therapy sessions. On average we get 16 to 17 which is perfect because we can give them all individual attention.
- We have a team of six people including registered nurses and health care assistants. We also have a creative facilitator who runs the art groups.
- Our Enablement team (physio and occupational therapy) sits in on all our assessments so patients don't need to meet with them separately.

Our 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.

★ Thank You ★

- ★ A huge thank you to members of the Fosse Brass Ensemble, who held a concert in memory of their three friends. A total of £726 was raised and a great night was enjoyed by friends and family.
- ★ Huge thanks to staff and customers of the Queen's Head, Hinckley who have raised £12,453 from their Brian Tate Memorial Golf Days over the past five years.
- ★ A great big thank you to everyone involved with the charity fun day at Pied Bull in Shepshed. Burgers, music, games, raffles and donations helped raised a staggering £1,050!
- ★ Massive thanks to Linley, Kathie and everyone at the Green Space Group who have raised more than £2,720 from their coffee mornings.
- ★ Joseph Bird raised a fantastic £988 from his very popular charity darts fundraiser held at the Leicester Inn in Coalville.
- ★ The Bosworth Walking group very kindly hosted an open gardens event to enjoy with tea and cake, a tombola and plant sales, raising more than £1,150. Thank you to all who attended.



On yer bike for LOROS

We are amazed with how many cyclists support us each year. From Ride London, and Leicester to Skegness, to supporters organising their own challenges. In the past year, 400 cyclists have raised more than £115,000 and we just wanted to say a massive thank you.

If you are looking at getting on your bike for LOROS please visit loros.co.uk/ events to see what we have planned. If you fancy organising your own, we would love to support you. Contact the fundraising team on (0116) 231 8431 or email fundraising@loros.co.uk

- ★ Ashby Lawn Tennis Club held a charity open day in June, with experts on hand to advise, live music, tournaments and prizes. They collected an amazing £500.
- ★ Thank you so much to Charlene Bird and friends, who raised more than £1,200 from the return of their fashion show at New Parks Social Club.



A big thank you to the 3rd Market Harborough Scout Group which collected more than £600 from their bucket collections in the local area.



Huge thanks to everyone involved in the Sileby Viking Truck Pull. The 10-tonne truck was pulled from Loughborough to Sileby and raised £1,500.

Massive thanks to Lucy Comerford and nearly 50 family members who took part in a memory walk from the Hospice to Leicester City Centre, raising more than £2,500.



Thank you to tenacious trio Luke and Henry Bowyer and Ian Peutrill, who made it to the summit of Mount Snowdon in just over six hours, raising an incredible £2,000.



Stacey Pepper and friends have organised four fantastic and very popular dog shows for LOROS, which were attended by our Fundraising and Lottery teams.



Event Organiser Jay and his friends take a break from their BBQ duties for a photo. The Bank Holiday BBQ and live music raised an amazing £2,866.

Harish's Story

■ Harish Davda, 67, was diagnosed with Motor Neurone Disease (MND) in 2005. He was forced to give up work and struggled with his diagnosis but says LOROS has helped him adjust to his illness.

"In 2005, I was working at Walkers Crisps in Leicester, in charge of the production line, about 82 people – a really responsible job, when I developed a pain in my shoulder.

"I was referred to a consultant at the hospital, who told me he thought I had MND but he couldn't confirm it.

Harish was off work while the hospital ran tests but didn't

know what to tell his employers.

"They didn't know why I wasn't at work – and neither did I, I was really shocked."

Harish was put in touch with LOROS and spoke to an MND specialist nurse. She arranged for a letter from the hospital explaining his suspected condition.



"I used to have such a responsible job - I worked 12 hours a day, seven days a week. Then suddenly I had so much time on my hands. I found it really difficult."



"It was a difficult time. Finally the diagnosis came through and I was told I had about eighteen months to live.

"I remember telling the LOROS MND nurse that I couldn't really believe it as I felt fine.

"There's nothing wrong with me," I said. "I don't accept I have MND. I still find it hard to understand.

"My family was really struggling. My daughter, who was 16 at



the time, said: 'You won't be at my wedding! I said don't worry, I'll be there. I didn't believe it you see. It was a really difficult period."

In fact, 18 months later it became apparent Harish's MND wasn't progressing as fast as expected which was fantastic news for his family. He now attends LOROS Day Therapy every two weeks.

"I get a lot of aches and pains and a few years ago I pulled



a muscle in my leg. LOROS MND nurses helped me get a bed downstairs in my living room and chair for my toilet. They were very helpful.

"I've had some falls and that really knocks my confidence. The LOROS nurses tell me I have to keep walking or I will lose the ability. They push me and I push myself too. They keep telling me I can do this.

"My hands don't work so well but when I come to Day

"They push me and I push myself too."

Therapy I really enjoy the painting and concentrate really hard on writing my name. My fingers get tired but it's good for me and I can write a bit when I try really hard.

"I feel supported by the LOROS MND nurses, and my family do too. They speak to them regularly about my condition as I'm hard of hearing and sometimes miss things. We're all very grateful they're here for us."

Free Furniture Collection



DONATE • RECYCLE • SHOP

Our furniture service makes donating easy

We offer a free furniture collection service across Leicester, Leicestershire and Rutland. We will collect a range of items including sofas, tables and chairs, desks and bedroom furniture.

We can collect items from Monday to Saturday. To arrange a collection, please call **(0116) 231 3666**, Monday to Friday, 9am to 5pm.



In order for us to sell your items, please ensure:

- ! Everything is in good condition, is complete and works correctly
- ! Each individual upholstered item has a fire safety label attached



Choose Charity, Shop LOROS!

Whether it's a retro 70s side board, a wardrobe to upcycle or one of many pre-loved sofas, all donated items are sold in one of our two dedicated furniture shops. Why not pop along and see what amazing items are for sale, as stock changes daily!

Our two furniture shops can be found at **59/63 Uppingham Road** and **365 Welford Road** in Leicester.



Amazon shoppers

Amazon has come up with a really easy way to support LOROS while shopping on the site.

If you switch to shopping through **smile.amazon.co.uk** instead of **amazon.co.uk**, they will donate 0.5% of the price of your eligible purchases straight to us.

AmazonSmile is the same Amazon you know. Same products, same prices, same service, it just means you donate while you shop!

Simply log into your normal Amazon account at **smile.amazon.co.uk** and select 'LOROS Hospice' at the start of your shopping!

amazonsmile
You shop. Amazon gives.

Did you know we have an eBay shop?

It allows you to shop 24 hours a day, from a selection of great donated items.

From vintage cameras, retro board games, consoles you had as a child to retro furniture, plus much more!



Choose to have your items delivered or collect them from our Pullman Road shop in Wigston.



Behind the scenes...

Do you have a passion for photography or selling online? Would you to help sort and check donations? Or help to package or list items for eBay? We are looking for a team of volunteers to support our online shops! For more information email **volunteers@loros.co.uk**

Matilda shines light on inequality

Research Associate Matilda Manjari came to LOROS to explore how inequality in end of life care affects patients from Black, Asian and Minority Ethnic (BAME) backgrounds.

She arrived in October 2018 from Staffordshire, where she was involved in a study on health professionals' views and experiences of providing end of life care.

She said: "I've never worked in a hospice and this job has been a very big change. The thought of conducting interviews with patients nearing the end of their lives was daunting, especially as I wanted to explore such a sensitive subject, which in some cultures is considered taboo.

"This experience is so very inspiring and rewarding. It's a



privilege to make a difference through thought-provoking and essential research that aims to address inequality in end of life health care."

The project, funded by the National Institute for Health Research, is called Thinking Ahead about Medical Treatments in Advanced Illness: A Qualitative Study of Barriers and Enablers in End-of-life Care Planning with

Patients and Families from Black, Asian and Minority Ethnic (BAME) Backgrounds.



Project ECHO Linking healthcare professionals

LOROS is at the heart of an exciting initiative as a Project ECHO Hub, using video conferencing technology to help healthcare professionals share knowledge and experience.

The shared learning provided by the technology is supported by a dedicated LOROS team of clinical presenters and administrators.

Project ECHO offers us an excellent opportunity to extend our training and education portfolio by being the ECHO Hub for Leicester, Leicestershire and Rutland. ECHO provides a platform for us to work with multiple providers and widen our services for others that support patients with end of life care needs.

The ECHO technology provides a cost-effective way of providing



training and education to a far greater number of people than having classroom-only based teaching. This technology offers a more creative method of sharing knowledge and using time more effectively.

We currently have two running ECHO projects delivering sessions on end of life care topics to residential and nursing care home

staff. The aim is to create a workforce of more confident and knowledgeable staff, able to deliver high-quality palliative care to their residents and reducing the number of people being admitted to hospital.



10 YEARS
OF TWILIGHT

LOROS

TWILIGHT WALK

2020

THROUGH THE

DECADES

Saturday 18th April



Sponsored by



Earlybird
ONLY £10pp
before 03/02/20

Advance £12pp
before 02//03/20

Individual £15pp
before 16/04/20

**SIGN
UP NOW**
and save up
to £20pp

A 10km sponsored walk

Open to all ages and fitness levels starting from 5.30pm at the King Power Stadium.

Sign up now at loros.co.uk/twilight



Leicester's biggest night out turns 10!



In celebration of the Twilight Walk's 10th anniversary, it seems only fitting that this year's theme is Through the Decades!

Whether you are a glam rocker or a disco diva, come on down and be a part of it all on Saturday 18th April 2020.

The Twilight Walk is our biggest fundraising event of the year and we want to see thousands of women and, for the first time, men too, don

their fancy dress and pound the pavements on this 10km-walk round Leicester City Centre.

Last year's Twilight Walk saw more than 2,500 walkers raise almost £150,000 for LOROS and this year we want to be bigger still!

Kyra Smith was one of the thousands who participated last year. She said: "The atmosphere was amazing! It was so friendly and happy

and, as we were all walking for someone, really joyful and celebratory. I can't wait to do it again in 2020!"

Early bird tickets priced at £10 are available until 3rd February 2020, after which time the price rises to £12 until 3rd March. Late entries will be available for £15 right up until 16th April 2020, two days before the event.

Register now at loros.co.uk/twilight



NEWS

FLASH



Be part of something amazing and join the LOROS Lottery today!



Phil from Western Park

£1

per entry

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

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

You can help us to help local terminally ill people. Play in memory of a loved one, buy a Lottery gift or simply play for fun, and be in with a chance of winning £2,000.

Your £1 could make a huge difference

Nicky from Stoney Stanton is one of our £2,000 jackpot winners. She joined the LOROS Lottery in September 2018 and just one year later she'd won the top prize. She visited the Hospice to collect her cheque, pictured here at the Memory Tree in the LOROS garden.

"LOROS is such an amazing place. I'm lucky enough to have worked at LOROS, so understand first-hand what goes into staff training and development, to ensure that patients and their families receive the highest quality care and support. I've lived in Leicestershire for most of my life, so wanted to do something that may one day benefit me, my friends or family. LOROS means so much to so many people, and I'm proud to be part of that. I'm absolutely delighted to have won, and will enjoy making special memories with my family."

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



Thank you for your support

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



This year's Accumulator Challenge was organised by **Business Live Connections**. Angela Padfield helped recruit seven teams: **Arbonne with Lucy Woodward, Creed Design Associates Ltd, Leicester Mercury, Metric Connect, Regional Recruitment Services and Vipul Raithatha and his family**. Together they raised an amazing £2,559 with Regional Recruitment claiming the top spot.



We would like to thank all the sponsors and participants that helped to make the 2019 LOROS Golf Day such a great success, enabling us to raise almost £17,000. Our headline sponsor for the event was **LCM Wealth Management** and event supporters included **Norths, Spire, Sturgess and Swithland Water**. Tee sponsors this year were



BS Handling Systems Ltd, Camozzi, Charnwood Brewery, Clemets, CSL Business Machines Ltd, Edith Murphy Foundation, ISF Coating, Jonstar, KPMG, Oceanair and Walker Movements Ltd. The event would not be possible without the hard work of teams from **SJ Events, Danny Spillane Golf Retail Limited and Rothley Park Golf Club**.



Our Light Up a Life Christmas appeal continues to be supported by our partner **Morningside Pharmaceuticals**.



Thanks to **NEXT** for being headline sponsor of our ball.

You truly make a difference



Business heroes

1. A big thank you to John Seal from **Druck** who recycles scrap metal and pallets from the company and donates the money to the Hospice. So far, he has raised more than £2,500. In addition, 26 Druck employees also took part in the Leicester to Skegness bike ride raising £7,000.
2. Another superbly organised annual quiz night by **PwC** raised a wonderful £4,290.
3. The 10th **HSBC** Table Tennis Tournament raised £5,500.
4. A Leicester to Paris static duathlon completed by **Rock Kitchen Harris** raised more than £1,000.
5. Colleagues at **Kettleby and Brooksby Foods** raised nearly £11,600 competing in the **Samworth Brothers** Charity Challenge. They smashed their £2,300 fundraising achievement from two years ago.
6. Our relationship with **Argento, Leicester** is going from strength to strength. The company's headquarters donated £5,000 from sales of their **Karma** range of jewellery between August 2018 and May 2019.

To become a business partner please call our fundraising team on **(0116) 231 8431** or email **fundraising@loros.co.uk**

Make LOROS part of your big day

You may want to play in memory of a loved one, to add an extra special touch to your day, or just for fun. Whatever your reason, make LOROS a part of your celebration with our scratch cards.

Emma and Adam chose to support us on their wedding day, because they wanted to make a difference:

"We had a day full of surprises planned for our guests, the scratch cards added that little something special. We saw the scratch card favours as an ice breaker for our friends and family, something fun to do while at the table. Our guests

really enjoyed them, and we even had a number of winners in the room. As well as the scratch cards, we also had a LOROS Robin on a memory table to remember our loved ones who couldn't be with us. This was our little way of trying to make a difference to somebody else's day."

For that personal touch, why not add your names and wedding date to the scratch cards? Now available to order, please email loroslottery@loros.co.uk for further information.

To order our standard scratch cards, visit one of our 29 shops, visit loros.co.uk/scratchcards, or call **(0116) 231 8430**.



Relax and unwind in our new facilities

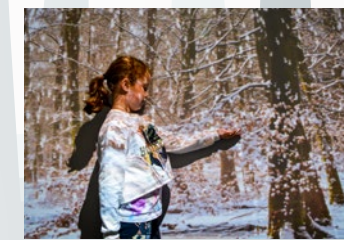
As we continue to develop and enhance our facilities, we are pleased to showcase some of the latest available to our patients and their families.

The Beach Room is a beautiful calm and relaxing space overlooking our courtyard garden. It is being used for small group work, such as help with breathlessness classes, and for delivering Tai Chi and mindfulness sessions.

Immersive equipment has been installed in the breakout room in Day Therapy.

The room now transforms into an interactive environment for patients to enjoy, and provides calming and relaxing scenes. The space has been designed so that beds from the Ward can also be accommodated.

Families of loved ones staying on our Ward are able to spend some precious time together in our new family retreat room. Here they can relax, enjoy a meal and cuppa in front of the TV – a real home-from-home comfort.



Why leave a gift for LOROS in your Will?



When making a Will your first thought may be to make sure that family and friends are provided for, but after that you may wish to leave a gift to charity.

is why I have left a gift to LOROS in my Will.

As President of LOROS, I am asking you to consider making a gift in your Will too. This will help to ensure that the special care and support will be there in the future for our patients and their families. My grateful thanks go to you all for considering supporting us in this way.

I have had personal experience of the work and support that LOROS gives to its patients and their families. My late husband was diagnosed with terminal cancer in 1988 and it was LOROS that helped and cared for him and my family until he died in 1989. Like so many people, I wanted to say thank you and to give something back for the wonderful care that was given to us and that

Jennifer, Lady Gretton DCVO JP
President of LOROS

Save the date
May 2020
 LOROS Free Will Writing Month



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.

Update your details

If you would like to update your contact details, please use the form below. You can also do this online at loros.co.uk/update
We really value your support and want to keep in touch about the difference you're making.

YOUR NEW CONTACT DETAILS

New title First name New surname

New address New telephone

New mobile

New postcode New email

WOULD YOU LIKE OUR COMMUNICATIONS BY EMAIL?

If you would like to receive this magazine and updates on news, activities and appeals by email, enter your address below:

Yes, please add this email address to your mailing list:

By completing the above you are consenting to receive email about, news, activities and appeals from LOROS (LOROS Enterprises, LOROS Lottery and LOROS fundraising). We will not share your data with anyone apart from suppliers working on our behalf (eg a mailing house to send you our post). LOROS (and our Data Protection Officer) can be contacted via the details below. You have the right at any point to be given the data we hold on you, to amend or delete it, or opt out of being contacted by us. For full details please see our Privacy Policy online at loros.co.uk/privacy

Alternatively, tick this box and return the form if you don't want to hear from us about anything again:

STOP contacting me, please You can also do this online at loros.co.uk/update

Please complete and return to LOROS, Groby Road, Leicester LE3 9QE. Or visit loros.co.uk/update, to do this online.



REGULAR GIVING

BECOME A

Friend of LOROS

By setting up a regular donation to LOROS, you can provide the comfort and reassurance our patients need at the end of their life.

**Make a difference TODAY
and for the years to come.**

Give every month so we can be here every day.

loros.co.uk/regular

Registered Charity No: 506120

LOROS

Hospice Care for Leicester, Leicestershire & Rutland

*Being there for you
and your family*