

LOROS matters

For friends
and supporters
of LOROS Hospice

Summer
2017
Issue 6



**Virtual
reality**
transforming the lives
of terminally ill patients

LOROS

Hospice Care for Leicester, Leicestershire & Rutland



“I’m so proud of the new LOROS developments that are now becoming visible to the communities of Leicester, Leicestershire and Rutland”

Welcome

I’m so proud of the new LOROS developments that are now becoming visible to the communities of Leicester, Leicestershire and Rutland, reflecting just how lucky this charity is to have such a professional team that plans and organises so thoroughly.

We’re incredibly excited to be the first Hospice in the country to have commissioned a virtual reality film to help our patients experience life again as they battle terminal illnesses. Our specially produced film gives those whose struggle with various illnesses the chance to see the world from the comfort of their chair or bed. As the project progresses, we really hope that other patients, not just those at LOROS, reap

the benefits of our virtual reality films as they share such magical experiences.

The new LOROS Professional Development Centre, which is the first part of our exciting site development, is quickly rising out of the ground and is a direct result of many years of detailed planning, prudent governance and skilled fundraising by a dedicated team. LOROS Local, our new mobile community resource, has also been launched to extend our geographic reach and impact.

As we continue to develop services at our Groby Road Hospice and look to provide more for people closer to home, we remain mindful that

this is only possible through the incredible support of the local community. Thank you!

John Knight
Chief Executive

LOROS
Hospice Care for Leicester, Leicestershire & Rutland

Being there for you
and your family

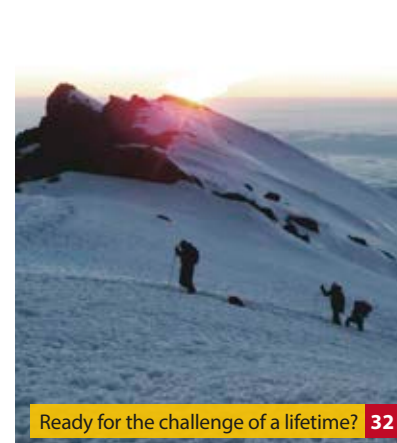
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Fold out form
Join the LOROS Lottery for a weekly chance to win £2,000

Virtual reality is a walk in the park



Patient John Lee tries out virtual reality glasses



View through glasses

A pioneering project is bringing virtual reality to our terminally ill patients, letting them experience simple pleasures again.

We've recently commissioned and produced a special film giving patients

whose lives have become restricted due to their illness the chance to see the world from the comfort of their chair or bed.

Patients wearing the virtual reality headsets are virtually transported to a

completely different location.

John Lee, 70, who has Motor Neurone Disease (MND), was the first to try the experience.

"You soon relax, it's just like you're there. I loved it," he said, as he experienced

walking through Leicester's Bradgate Park.

"I nearly waded at somebody as they walked past."

As John turned his head, the images followed, making him feel like he was actually

at Bradgate Park, with a 360-degree view all around him.

"Since being diagnosed with MND, we can get out but I can't spend a lot of time out of the wheelchair, so being able to have these

experiences through the headsets is really good," added John.

"It's almost as good as the real thing."

The films are an important therapeutic tool for our

patients' wellbeing, letting them spend time in a familiar environment and helping them to relax.

LOROS CEO John Knight said: "This is a really exciting project for us, and we are the first hospice in the country to have specifically commissioned such a film as a therapeutic tool using a familiar local setting.

"Research suggests that the brain accepts the virtual world within 20 seconds, after which the experience becomes totally immersive.

"We recognise that some of our patients are often restricted to where they can go due to their illness, so we wanted to help give them the opportunity to still enjoy life

wider than their restrictions allow, through virtual reality."

LOROS has been working with a specialist virtual reality production company since last year, and is planning to commission more films to create a library of valuable experiences for patients.

The virtual reality project was funded by the generosity of the TS Shipman Trust.

LOROS is also commissioning a portfolio of 'experience' films – such as walking on a beach, for example – that other Hospices and care providers can access.

To watch the full video of John trying out the headsets and for more information visit loros.co.uk/virtualreality

Site transformation takes shape

Our exciting site development is making fantastic progress, with the LOROS Professional Development Centre set to be finished in early September.

The walls are up, the windows are in and the roof is on. Contractors Jeakins

Weir are now working on the inside of the building, including inner walls and electrical works.

Speaking about the project, Site Manager Jeremy Biggs said: "This has been a hugely exciting project for us and we are extremely pleased with how work is



Professional Development Centre under construction

progressing on the LOROS Professional Development Centre.

"We are looking forward to seeing the completed building, as I'm sure everyone at the Hospice is."

In the meantime, the extension of our Ward

is very nearly complete, which has created more office space for staff and doctors.

In addition, the Hospice's reception courtyard has been transformed into a wonderful, fully accessible space for patients, staff and visitors.



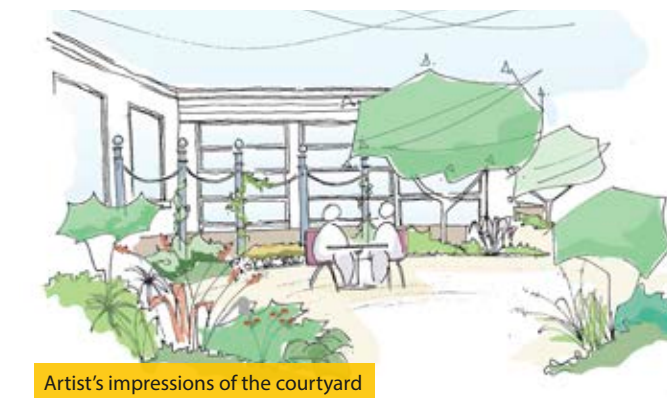
Visualisation of the Professional Development Centre

The ground levels were changed to make the garden fully accessible for wheelchair users, with improved lighting also installed, allowing visitors to explore our courtyard at any time, day or night.

Phase Two will begin later this year and will

see the extension and development of our Day Therapy and Outpatient facilities.

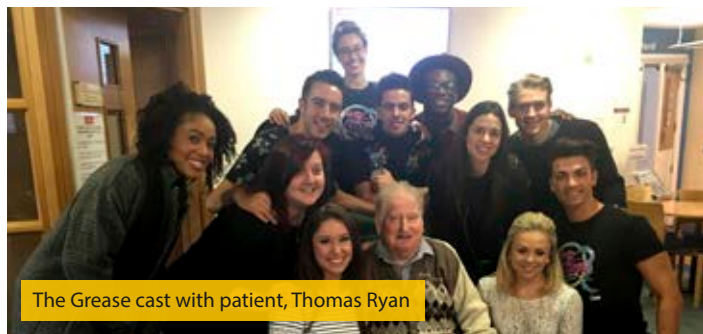
For more information on our site development visit loros.co.uk/sitedevelopment or search for #LOROSBuild across our social media pages.



Artist's impressions of the courtyard



The Full Monty cast with day therapy patient, Isabel



The Grease cast with patient, Thomas Ryan

Magic of theatre thrills **LOROS** patients

From Grease's Pink Ladies to the Full Monty hunks, LOROS patients have felt the magic of theatre during a series of celebrity visits to the Hospice.

The cast of Grease kicked off the year with a sing-a-long to much-loved tracks from the musical during their stint at Leicester's Curve theatre in January.

Kathleen, 58, of Thurmaston, watched the performance with her dad, LOROS patient Thomas Ryan, 80. She said: "Thanks to them, I've been able to create some really treasured memories with dad; it was lovely to share the experience with him."

The fun continued, with the Full Monty cast paying a visit during their time at De

Montfort Hall in March.

This was particularly special for birthday girl and patient Isabel, who attends Day Therapy and was celebrating her 80th birthday.

Isabel said: "Well, what can I say, they were all very handsome. It was a real birthday treat and definitely one to remember."

Cast members from Curve's Pygmalion and De Montfort Hall's Dirty Dancing also took time out of their busy schedules to visit.

We're always looking for entertainers and musicians to put a smile on our patients' faces. If you would be interested in visiting us, email

marketing@loros.co.uk

Drop-in to socialise, relax and be pampered

Following the huge success of our VIP Me! event in February, we are extremely pleased that our drop-in sessions are more popular than ever.

Every other Tuesday, we welcome adults with a potential terminal illness and their carers to our Day Therapy Unit between 10am and 4pm.

Whether you want to get out

of the house and socialise with new people, to try their hand at arts and crafts, or simply relax, our drop-in sessions are the perfect therapy.

Kamini Raja, 54, of Rushey Mead, was diagnosed with cancer in 2013. She has attended the sessions for more than a year.

"The support from staff and volunteers really helped, they



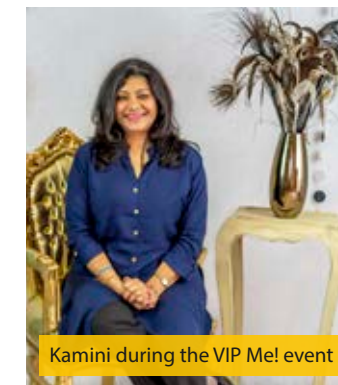
Gwyn and her husband Peter, during a drop-in session

made me realise that I wasn't the only one going through this," she said.

"I've met so many friends too and my family has really started to notice a difference in me.

"I feel so content when I'm at LOROS, so relaxed."

Pete Fraser, 66, of Newbold Verdon, attends the sessions with his wife, Gwyn, who is



Kamini during the VIP Me! event

battling terminal cancer. He said: "It's not just nice for Gwyn to go and meet new people; it's nice for me to meet people in a similar position to us and share our experiences.

"I really enjoy going, we both really look forward to it."

To find out more, visit loros.co.uk/dropin or call **(0116) 231 3771**

Save the date!

Hospice Open Day 2017

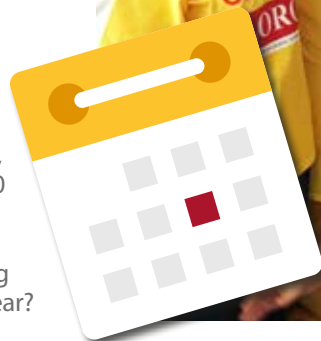
Join us once again for our annual family-friendly Open Day at the Hospice.



Following a hugely successful event last year, which saw more than 800 people attend and more than £5,000 raised, how could we resist organising another Open Day this year?

Food and drink, stalls selling local produce and handmade crafts, a raffle, tombola and activities for all the family, make this a fantastic day out for everybody.

Save the date – Saturday 14th October, 10am-4pm



LOROS goes local

We have made it easier for people across the city and county to access information about the Hospice's services thanks to the launch of LOROS Local, a brand new mobile resource centre.



A ribbon-cutting ceremony took place in March, attended by LOROS President Lady Gretton and patient Gwyn Fraser.

Since its launch, LOROS Local has taken to the roads of Leicester, Leicestershire and Rutland, helping people in the community to find out about the services the Hospice offers.

In addition, people will be able to access a number

of non-clinical services on LOROS Local, including bereavement support and complementary therapy.

LOROS Local will also enable nurses, doctors and members of our education team to train other healthcare professionals by running training sessions.

Speaking about the initiative, LOROS CEO John Knight said:

"We believe that people will find it helpful to have easier access to both our care services and information about the Hospice and we're hoping that taking LOROS Local into the community will enable this."

"We also believe that by being more visible in local communities, and telling more people about LOROS, this will help us to raise more income in the future."

On average, LOROS Local will be taken out into the community around three times every week, with more than 60 locations across Leicester, Leicestershire and Rutland already identified as suitable sites.



If you think your premises in Leicester, Leicestershire or Rutland would be a suitable location for LOROS Local, please email paulmchrysal@loros.co.uk

For more information on LOROS Local or to find out when it will be in your local community, visit loros.co.uk/loroslocal

Wedding bells at LOROS

A quick-thinking bride planned her entire wedding in two weeks so her terminally ill mother could see her get married.

A wedding blessing was held in the LOROS chapel in March for Katie Checketts and her now-husband Edward Rowsell, an occasion brought forward especially for Katie's mother, Ann.

Ann, 67, who was diagnosed with an

extremely rare form of cancer in October 2013, was admitted to the LOROS Ward after her health started to deteriorate.

"I wanted mum to see me get married, and when we mentioned it to the staff at LOROS, they said we could have a blessing in the chapel," said 28-year-old Katie, of Shepshed.

Katie and her bridesmaids

took to Leicestershire's shops to find her perfect bridal dress.

"We found the perfect dress and the woman managed to get all of the alterations done in just a few days, dropping it off the day before the ceremony.

"We also chose an outfit for mum and when we took it to her on the Ward and it fitted perfectly, it was amazing."

In a matter of days, the bridesmaids had chosen their dresses, the flowers were ordered, a friend of the couple offered to make a cake and the maid of honour's husband offered to play the cello during the ceremony.

On the morning of the blessing, Katie was able to have her nails, hair and make-up done in Ann's room on the Ward and they were both treated to a massage by one of the



Katie and Edward, with Katie's mother, Ann and father, George



Katie and her mum, Ann

Hospice's complementary therapists.

Ann, who was determined to walk to the chapel, managed to walk arm-in-arm with her husband and Katie's father George, followed by the bride and her bridesmaids.

"The other patients and nurses lined the corridor as we walked down to the chapel, it was lovely," said Katie.

"The other patients and nurses lined the corridor as we walked down to the chapel, it was lovely"

Following the ceremony, the couple and their 25 guests enjoyed a glass of fizz and a buffet, put on by the LOROS catering team.

"Everything worked out so well, it just goes to show that anything really is possible," added Katie.

The couple held their official wedding ceremony on Saturday 1st April, which Ann was also able to attend. Sadly, Ann died two weeks later in LOROS.



L-R: Anjana Vaja, EAVA FM presenter
Donna Phillips, and Professor Christina Faull

Research on the radio

Research at LOROS went city wide in February, when the Hospice's Research Lead, Professor Christina Faull, and Cultural Support Worker, Anjana Vaja, featured on Multilingual Radio's EAVA FM as guests of Health Watch Leicester.

The focus of the session was to highlight problems faced by people from Black, Asian

and Minority Ethnic (BAME) communities in end of life care.

Evidence shows that people from BAME communities have often not heard about palliative care or the types of services available to those at the end of life. This need for awareness inspired the LOROS Research team to include 'diversity and disadvantage' as one of the five main LOROS

research themes.

Professor Faull and Anjana took part in a discussion to raise awareness about services available at LOROS and to share information on a new research project called 'Thinking Ahead About Medical Treatments in Advanced Illness', which looks at doctors' and nurses' experiences of having discussions about resuscitation

with patients from minority ethnic communities with advanced illness and their families.

If you would like to learn more, register an interest in any current or future research project, or sign up for the LOROS quarterly research newsletter, please contact research@loros.co.uk or call (0116) 231 8498.

Education team scoops **third** award in a year

Big congratulations to our Education team, which has been presented with a 'Special Recognition Award', the third award the team has scooped in a year.

Presented by Health Education England, the award was given to the team at LOROS for their contribution to education in the health sector during a ceremony that took place in March.

This came just months after it was announced that LOROS was the first Hospice in the country to receive two national prestigious awards: the Skills for Health Quality Mark and the City and Guild Accreditation Centre status.

LOROS Director of Education and Workforce Mandy Motley said: "I'm really proud of the team, we weren't expecting it at all.



Members of the Education team with their award

"It was nice for us to be recognised. Understandably and quite rightly, it's usually the front line members of staff, like the ward nurses, who are recognised for their care, so it's great for our team to feel a sense of recognition for what we contribute to LOROS too.

"This completes a trio of awards we have received in the past 12 months and

the timing could not be better, especially with the building of the Professional Development Centre at LOROS."

Each year, our Education team trains more than 2,000 internal and external health and social care professionals.

Find out more about our education and training at loros.co.uk/education



Volunteer and be part of something amazing!

Did you know we have more than 1,000 volunteers at LOROS? These amazing people help us to support more than 2,500 terminally ill patients and their families every single year.

To find out how much our volunteers mean to us, we asked our patients, and below are their replies.

If you would like to be part of something amazing and become a volunteer at LOROS, please get in touch, we would love to hear from you.

We have lots of opportunities at the Hospice as well as out in the community – there is something for everyone. To view our current vacancies see loros.co.uk/volunteer



"They're the most wonderful people in the world, what more can I say?"

John Lee



"The volunteers are absolutely wonderful. They are all very helpful and kind, they make you feel like you're part of a big family here at LOROS."

Barbara Mayne



"Volunteers have these smiling faces which welcome you when you come in to LOROS in the morning, which is exactly what you need when you're feeling low."

Barry Godber



"You couldn't ask for any better than the LOROS volunteers, they really are like angels. I would give them 1,001 out of 1,000."

Malcolm Merry



Lasting tributes showcase cherished memories

LOROS Lasting Tributes has been up and running for 18 months now, enabling people to share precious memories of loved ones while supporting LOROS.

The website allows people to post pictures and videos of those they have lost, as well as celebrating birthdays and anniversaries.

It's free and simple to set up and has proved hugely popular as a way of honouring a loved one's memory and commemorating their lives.

Savita Bhen D Chauhan died at LOROS in November 2015 at

the age of 70 after battling cancer. Hemy, her daughter, set up a Lasting Tribute page which the family has found hugely comforting and a way of keeping their Mum's memory alive.



Hemy has also linked the Lasting Tribute to her JustGiving page, so family and friends can keep up to date with their fundraising efforts.

To set up a Lasting Tribute, visit loros.co.uk/tributes

"To mark special dates, we light a virtual candle on our Lasting Tribute page"

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

Be the author of your own story ...write away

We rely on these amazing gifts to provide our vital services. Remembering the Hospice in your Will costs you nothing today, but will help us secure our future. To find out more, visit loros.co.uk/wills



LOROS 2017 events

Friday 4th August
The Yorkshire 3 Peaks Challenge
Yorkshire Dales

Challenge yourself by joining the LOROS team of walkers and climb the three highest peaks in the Yorkshire Dales.

loros.co.uk/peaks



Sunday 1st October
Full Steam Ahead

Quorn & Woodhouse Great Central Railway Station

A choice of three countryside walks, a train ride and a hog roast all in one day, this event is fun for the whole family.

loros.co.uk/steam



Sunday 15th October
Leicester Marathon
Victoria Park

Support LOROS at the Leicester Half or Full Marathon. Pledge to raise £100 and run for free.

loros.co.uk/leicestermarathon



Sunday 3rd December
Light Up a Life
LOROS Hospice

Remember a loved one this Christmas by sponsoring a light on our Christmas tree.

loros.co.uk/lual



Saturday 2nd September
Great Glen Wheelbarrow Race
Great Glen Recreational Ground

Showground area with stalls, concluding with the children's and adults' wheelbarrow race.

loros.co.uk/ggwb

Saturday 16th September
Skydive Saturday
Sibson Aerodrome

Freefall from 13,000ft for a once-in-a-lifetime experience.

loros.co.uk/jump



Friday 13th October
LOROS Yellow Day

As part of Hospice Care Week, we're asking schools and businesses to wear an item of yellow and donate £1 to LOROS.

loros.co.uk/yellow

Saturday 14th October
LOROS Open Day
LOROS Hospice

Last year more than 800 people joined us, and this year's event is set to be bigger and better with fun for all the family!

loros.co.uk/openday



Saturday 18th November
The LOROS Ball
Marriott Hotel Leicester

This year's theme is a Midwinter's Night Ball and promises to be a magical evening set against a wonderful wintery backdrop.

loros.co.uk/lorosball

Sunday 3rd December
Santa Fun Run
Loughborough Town Centre

Support LOROS and join more than 1,500 Santas in this festive family fun run. A great day out for all involved.

loros.co.uk/runsantarun



Monday 4th December
The Christmas Concert
Leicester Cathedral

Festive songs and entertainment organised by Applause.

loros.co.uk/christmasconcert

Wednesday 27th December
The 38th Winter Walk
Thurnby or Houghton on the Hill Village Hall

The annual five-mile, family friendly sponsored walk.

loros.co.uk/winterwalk



All in a day's work

We're the catering team at LOROS, providing food and beverages to patients, families, carers, staff and volunteers. We're led by head chef David Forbes and the team has three assistant chefs, eight part-time catering assistants and four casual catering assistants. Our priority is to provide nutritious (and very tasty) food.

7am: A chef and four catering assistants are in. While the chef prepares breakfast, the catering assistants tidy the kitchen and dining room, before re-stocking our snack bar and vending machine. Meanwhile, somebody is washing up; this job is passed around the team but continues throughout the day. Another catering

assistant arrives who will look after food and beverages in day therapy.

7.45am: Water jugs are filled up and taken to each patient by housekeepers, this happens again at 1.30pm and 5.30pm.

8am: The head chef arrives and breakfast is served! The breakfast trolley is



taken around the Ward and additional orders are taken, quite often from families staying with loved ones.

9am: The Ward is cleared of used pots, while salads and vegetables are prepared for the day. The tea trolley is filled with tea, coffee and biscuits for the housekeeper to take round the ward; this happens again at 10.30am, 3pm and 6.30pm.

9.30 – 11.30am: Lunch orders are taken from patients and families. Staff orders are back by 10am and depending what's on the menu, the chef has most likely started preparing the meals.

11am: A catering assistant is preparing jacket potatoes and salads, while the Day Therapy assistant is collating the day patients' orders.

Midday: Staff service starts and day therapy meals are served at 12.15pm.

Midday – 2pm: Ward patients are served their meals, while staff tuck into theirs in the dining room.

1pm: The afternoon kitchen team start their shift and begin preparing for the evening meals and any functions that might be taking place at the Hospice.

5pm: The first sitting of nurses enjoy their meal, before the second sitting 45 minutes later.

5.30pm: Evening meals are served to patients on their wards.

7pm: Throughout the day, we are constantly cleaning and taking food deliveries, while stocking up the vending machine and snack bar.

Did you know?

- The LOROS kitchen opens every single day of the year, including Christmas Day, when we put on a free breakfast for all staff and volunteers. We also deliver Christmas dinner to our patients and their relatives, as well as offering them a 'Bucks Fizz brekkie' to start the day.
- One of the most unusual things we've been asked to make is tripe.
- When we are made aware that it's a patient's birthday or special anniversary, we'll bake them a cake.
- It's not just humans we've catered for. In the past, we've even been asked to make a special chicken meal for a dog staying on the ward!
- Every day at 11.30am, we stock the drinks trolley to be taken out on the ward if the patients fancy something slightly stronger to wash down their lunch.



Community heroes

We are extremely lucky to have so many fantastic supporters within 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.

Get in touch with your ideas; we'd love to offer you our support. Contact us on **(0116) 231 8431** or email **fundraising@loros.co.uk**



The LOROS Winter Walk is back!

Now in its 38th year, the walk will take place on Wednesday 27th December. After the indulgence of Christmas, walkers can gather together to complete the five-mile, family friendly route that

starts from either Thurnby or Houghton on the Hill village halls. For more information or to request a sponsorship form, email **fundraising@loros.co.uk** or call **(0116) 231 8431**



Johanna Marston and her friends raised a staggering £2,247 from their Old Blue Eyes event.

A huge thank you to Adam 'DJ Watsy' Watts and his friends who raised £1,173 from their DJ Charity Night.



The fabulous Ceri Dupree Nights at Mountsorrel Working Men's Club raised £2,511. Special thanks go to Kevin Sadler and to the club for their continued support.



Instructor Mel Thomas put spin cyclists through their paces in a fundraiser organised by Anne Billson at the Braunstone Leisure Centre. The event raised more than £1,500 from spin and insanity sessions.

Rupa Nathwani and students at the Mansha Dance School raised £250 at their First Annual Showcase.



The Applause team, supported by Curve Theatre and BBC Radio Leicester, raised £3,100 by staging a show in celebration of the Queen's 90th birthday.

Thank you

Trevor Ward and the Staddon Sports and Social Club in Anstey raised £4,000 from their Harvest Festival and Christmas Raffle.

Students from John Ferneley College raised an amazing total of £1,119 from their Dress Down Day and Cake Sale.

Huge thanks to DJ Austin, his family and friends for raising £550 from their very popular Halloween Party.

The Greyhound in Hinckley raised £920 by organising a Race Night! Many bets were placed and lots of chip cobs eaten all in aid of LOROS.

Rutland County Golf Club selected LOROS as its Charity of the Year and raised an incredible £2,625! Thank you to Ngoneh and Deggie for their support.

Dilys Smith and Leicester LAFF Tangent raised £1,001 at their Curry Night at Chef and Spice, Leicester.

Tillie and all at St Crispin's School have raised £200 from their coffee morning and colouring competition.

An annual concert by Hathern Band at Hathern Parish Church was a great success and raised £2,040.

The LOROS Wigston Support Group raised an amazing £1,617 from its Christmas bag packing at Attfields Farm Shop, near Cosby.

Rotary Clubs

Rotary clubs across the UK work tirelessly to fundraise for charities such as LOROS.

include Santa fun runs, the annual Music in the Park event at Wistow, charity walks, Christmas collections and lots of other events and activities.



We'd like to thank our local Clubs for their fundraising efforts. These

“LOROS has completely changed my life”



Laverne and her daughter, Alessa

Laverne's story

■ When 35-year-old Laverne discovered a small pimple on her head she didn't think anything of it. However, when she fell pregnant, the tiny spot started to grow until it became the size of a golf ball.

Three years ago, shortly after she had given birth to her daughter, Laverne was told she had an extremely rare form of slow growing cancer called a carcinoid.

“When I first felt the lump on my head, it was the size of a small diamante, like the ones you put on your nails,” said Laverne, who lives at home with her daughter and husband in Hamilton, Leicester.

“It soon began to hurt, especially when I combed my

hair. Even lying down became painful.”

After being given a blood test to confirm whether she was pregnant or not, Laverne was given the devastating news that she had cancer.

“The doctor reached out to me and told me it wasn't good news,” said Laverne.

“It was then I knew I had cancer. I didn't hear anything else the doctor said after

that. It felt like I was in a trance. I felt like I was in a dream and three years later, I don't think I've woken up from that dream yet.”

Laverne had her right lung removed, which is where the cancer stemmed from, and she has since been told there are cancer nodules in her left lung as well as her liver.

“At the moment, the cancer looks stable,” she said.

“Life is just a waiting game for me. I'm plied with drugs and medication, so I can't have any treatment and I'm tired all of the time; it's a never-ending cycle.

“Having Alessa gets me through every single day. I do worry though; I worry

that I won't be able to make those special memories with my daughter. I don't know if I will be at her wedding, or if I will see her turn 21.

“I try not to think about it too much.”

Since her diagnosis, Laverne has gained support from LOROS by having counselling and complementary therapy.

“Coming to LOROS complementary therapy gives me time to rejuvenate,” she said.

“I feel looked after and I'm made to feel special. Plus I love a good pamper.

“My therapist and I talk too; we bounce ideas off one



another, which helps make life easier.

“It's also so nice for me to get away to somewhere that isn't home or hospital.

“An appointment at LOROS really does help. LOROS has completely changed my life.”



Share your story

Sharing how LOROS has helped you is an incredibly powerful way of promoting the Hospice's important work. To submit your story, call (0116) 231 3771 or email stories@loros.co.uk

Snap up quality bargains at **LOROS** shops

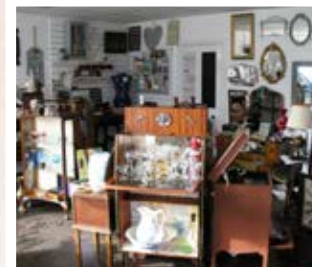
We have always been proud of the way our shops look and feel, reflecting the quality pre-loved stock we have for sale.

Our stock changes every day and we have many loyal shoppers who visit us regularly to find the bargains that are on offer.

Our large team of volunteers spend many hours sorting and grading all of our donations, and all clothing is steamed to look its best on the shop floor. All china and glass items are washed and cleaned so that they sparkle.

Clothing is displayed in colour themes, helping customers decide what colours will complete or complement their outfits. We also have an unbeatable selection of shoes and handbags which add glamour to anyone's wardrobe.

Two large furniture shops display an ever-changing choice of furniture, from



contemporary soft furniture to retro and antique pieces to be treasured, restored or up-cycled. At Uppingham, Oakham and Ashby de la Zouch, a fine selection of collectable items can be found at great prices.

Loughborough town centre hosts our busy vintage shop, with sought after clothing in stock, and also boasts a large craft and haberdashery department.

We are now famous for our selection of bought-in goods that are on offer in selected stores. This summer season, we are offering a fantastic range of seaside and beach-themed items including signs, boats, lighthouses, money boxes, candles, drinking jars, cushions, tea towels, shopping bags and lanterns.

An exciting new addition is our 'Exotic Holidays' range, which included metal flamingos and parrots, flamingo-print cool bags, nail files, air fresheners and lights, as well as pink jars, bottles, tea lights, lanterns, and not forgetting wooden ducks in pink wellingtons!

At the beginning of April, we started work on a new, much larger shop in Birstall, situated just two doors away from the original that opened in 1990. The new bright and airy shop gives us the opportunity to offer our full range of quality merchandise which we were not able to do in the confines of the old shop.

We also have plans for exciting new shops in Hinckley and Stamford, Lincolnshire so watch this space!

ONLINE FUNDRAISING TOOLKIT



New toolkit makes fundraising easier than ever!

We're making it easier than ever for you to fundraise for LOROS with the launch of our brand new fundraising guide and online toolkit!

The guide is full of tips, ideas and advice to help you plan your activity and reach your fundraising target.

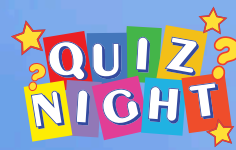
The free online toolkit includes a variety of useful (and fun!) downloadable resources to help and support you in your fundraising quest. It includes a handy planner, a step-by-step guide, sponsorship

forms, a poster template and much more.

Visit loros.co.uk/toolkit today to start fundraising!

Please get in touch with our friendly fundraising team and let us know your plans – we'd love to see what else we can do to help and support you. Call (0116) 231 8431 or email fundraising@loros.co.uk

FUNDRAISING IDEAS



£6,300
Could pay for the care of an inpatient for a 12 day stay at the Hospice

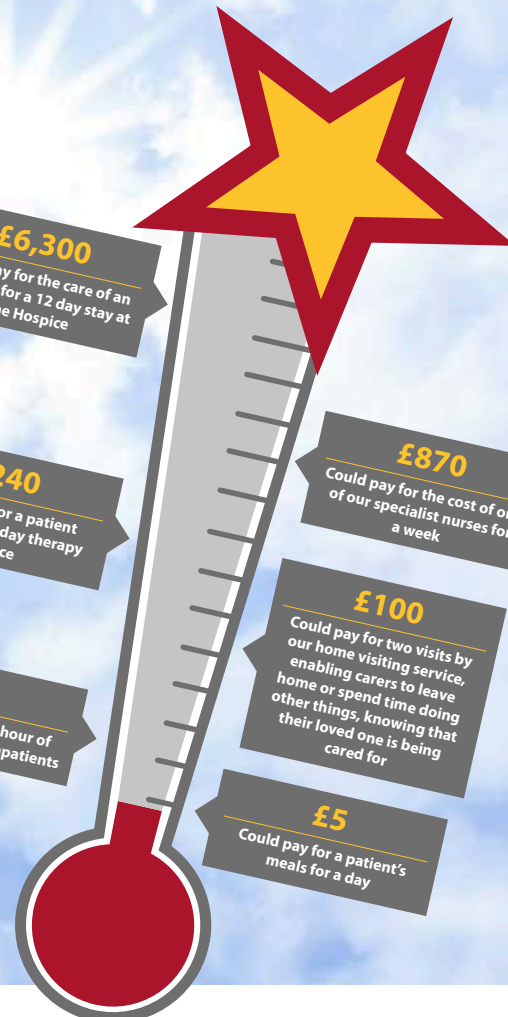
£240
Could pay for a patient to attend our day therapy service

£25
Could pay for one hour of care for one of our inpatients

£870
Could pay for the cost of one of our specialist nurses for a week

£100
Could pay for two visits by our home visiting service, home or spend time doing other things, knowing that their loved one is being cared for

£5
Could pay for a patient's meals for a day



You truly make a difference

Corporate heroes



1. Knightsbridge Estate Agency staff continue to support LOROS. From their table-top car racing competition through to running stalls at local events and the LOROS Twilight Walk, they are always busy raising funds for the Hospice.

2. Fat Face's 'Thanks for Giving' campaign donates thousands of pounds of the profits it makes on Black Friday to good causes instead of offering discounts in its stores and online. The Leicester store raised £600 for LOROS.

3. Desirablecar.com has been supporting LOROS since February 2014 by donating £7 to the Hospice from every sale. So far they have raised a wonderful £10,987.

4. Clockwise Credit Union staff organised a day full of fun activities for their clients during the Credit Union Day and a total of £730 was donated to LOROS.

5. Coventry Building Society continues its support. They cemented their corporate relationship with LOROS by smashing through the £14,000 barrier.

6. Tokio Marine HCC is in full swing with their fundraising activities. They have already donated £20,000 and are aiming for more.

Thank you for making a difference!



Our sincere thanks to all the volunteers from **Cemex** who supported our Treecycle campaign at Market Harborough by collecting Christmas trees for recycling. They helped us to raise £1,600. We are also grateful to **Practical Car & Van Rental** for allowing us to use their van free of charge – thank you.



Each year, savers at **Hinckley & Rugby Building Society**, **Market Harborough Building Society** and **The Melton Building Society** support LOROS by depositing their money into a Hospice Affinity Account. We would like to say thanks to the staff of each society and to their customers for their generosity. An amazing £23,680 was raised in 2016, and these annual donations are testament to the societies' ongoing commitment.



The Ideal Marketing Company invites companies to book their website in for a full review and within seven days they will receive a clear, concise written report and evaluation explaining how their website is working and if it could be improved. 100% of the £25 fee for this service will be donated directly to LOROS.



Thank you to **Burleighs Gin** and **Charnwood Brewery** for supporting our 'Laughter at LOROS' event. We are delighted that they have decided to continue their support by being involved in other events, including this year's Golf Day.

For more details about corporate support and Charity of the Year partnerships, please call our Fundraising team on (0116) 231 8431 or email fundraising@loros.co.uk

Are you up for the challenge of a lifetime?



Kilimanjaro 2018

Your goal is to summit the magnificent Mount Kilimanjaro, Africa's highest mountain – a magnet for walkers and climbers the world over. This challenging trek takes you along the beautiful Machame route, through dense tropical rainforest all the way up to the mighty snow-capped summit at 5,895m.

For more information and to request a brochure for this incredible challenge check out loros.co.uk/kilimanjaro

Come along to our free information evening at 7pm on Tuesday 26th September 2017 to find out more.

Vietnam to Cambodia Cycle 2018

This enchanting adventure will see you cycle 400km from the frenzy of Ho Chi Minh City in Vietnam all the way to the tranquility of Angkor Wat in Cambodia. Pedal through bustling coconut groves and thriving river communities at the heart of the Mekong Delta before marvelling at the mysterious ancient temples of Angkor.

Visit loros.co.uk/vietnam to request your brochure for this truly unforgettable cycle challenge.



Find out more about this unique challenge at our information evening at 7pm on Tuesday 30th January 2018.

Both evenings are held at LOROS and are **free of charge**. There is no obligation to sign-up if you decide to come along.

For more information on all of our upcoming challenge events please go to loros.co.uk/challenges

FULL STEAM AHEAD

Sunday 1st October

Adults £18 U12s £12 U3s FREE

- FREE Parking • FREE Hog Roast
- FAMILY-FRIENDLY Entertainment

Sponsored by



Starting at Quorn & Woodhouse station choose either a **five, eight or 10-mile walk**, then hop aboard the **LOROS Express** for the return journey. **Dogs are welcome** (on the train too). A 9 mile circular walk (excluding train ride) is also available.

Fundraising to care for local people

loros.co.uk/steam

Registered Charity No: 506120

LOROS

Hospice Care for Leicester, Leicestershire & Rutland

Being there for you
and your family

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

From just £1 per week, join the LOROS Lottery for a weekly chance of winning **up to £2,000** and 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!



Please return to: LOROS Lotteries Limited, Unit 8 Barshaw Park, Leycroft Road, Leicester LE4 1ET

1. About you (Please write your name in block capitals)

Title First name

Surname

Address

Postcode:

Tel Mob

Email

DOB Players must be aged 16 or over

How did you hear about us

2. Your payments

How many entries would you like each week?

How often would you like to pay? (Please tick payment frequency)

Monthly @ £4.34* per entry (Direct Debit only)
*First month £6.34

Every 13 weeks @ £13 per entry

Every 26 weeks @ £26 per entry

Every 52 weeks @ £52 per entry

How would you like to pay?

Direct Debit Card Cheque

For office use:

Continued overleaf.

Dress down, wear an item of yellow and donate £1 on Friday 13th October!

For more information visit loros.co.uk/yellow, call (0116) 231 8431 or email fundraising@loros.co.uk

LOROS
Hospice Care for Leicester, Leicestershire & Rutland

Being there for you and your family