

LOROS

Hospice Care for Leicester, Leicestershire & Rutland

Wellbeing

Improving positive culture and wellbeing



GOOD NEWS!

In January we had the chance to take part in the LLR Active Together competition and one of our LOROS teams won a prize! Team '**Legging it for LOROS**', which was made up of Rebecca, Amber and

Helen from Fundraising, won £100 to spend on sporting equipment!

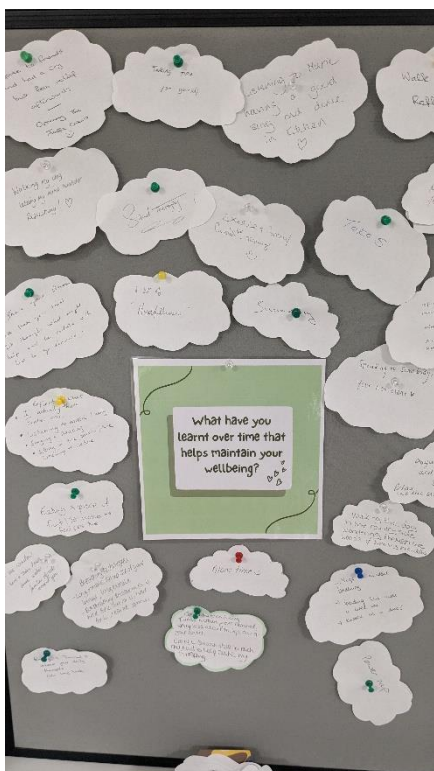


Rebecca said, "We chose some yoga mats and a badminton set to keep in the office which anyone is welcome to use at work. Maybe you fancy a bit of a stretch in the sun one lunchtime or prefer to chat to a colleague over a badminton rally?" So feel free to drop into fundraising any time to have a go! **Well done team!**

This Month-

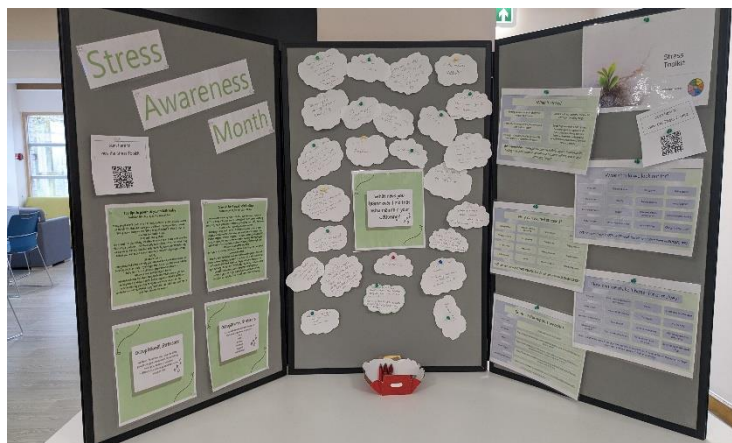
Celebration Day- a time to remember and celebrate those who are no longer with us. Join us in the social area on May 22nd between 12 and 3pm to share some happy memories and tell us why those people we have lost inspired us

International Nurses Day- An opportunity to recognise our nursing staff in the Hospice or out in the community, Sunday May 12th.



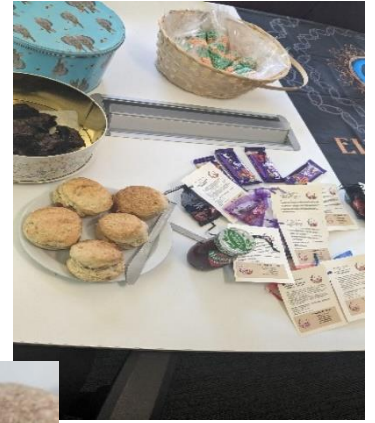
Last Month we celebrated:

Stress Awareness Month- Anthony O'Brien and Louise Kiernan delivered a new Stress Toolkit which they compiled alongside Mani Kohli from our Complementary Therapies team. You can access the toolkit here: https://loros.co.uk/assets/stress_toolkit_v01.pdf Enterprise teams will be provided with a hard copy at the June meetings. We also asked colleagues for ideas on how they support their own wellbeing- see if there is anything you can use.





Eid celebrations- A time to celebrate over in LPDC for Eid in April where food sharing and treats were the order of the day!



Professor Christina Faull, Consultant in Palliative Medicine and Research Lead celebrated 20 years at LOROS too! Many amazing achievements in that time and more to come!



NEWS JUST IN!

18th July- 17th August is South Asian Heritage Month and we will be hosting our 2024 event on 18th July to celebrate our Leicester South Asian community. This year's theme is **'Free to be me'** and we will have more music, food and dancing to join in with! If you would like to be part of it this year please get in touch.

Competition time! Can you remember what the theme of this event was last year? There's a prize in it if you can! Answers to be back to Louise by 31st May 5pm wellbeing@loros.co.uk

- Coming soon**
- Volunteers' week
 - Gypsy Roma Traveller Month
 - Windrush
 - Red for Research
 - Learning Disabilities week
 - Men's health

(All event details to be confirmed. If you would like to support these events, please email wellbeing@loros.co.uk)



If you feel you are struggling or you know someone who needs some support, don't forget to check out the Wellbeing section on the staff webpage which you can find by scanning the QR code.