

LOROS

matters

For friends
and supporters
of LOROS Hospice

Winter
2017/18
Issue 7



Excitement
as Professional
Development Centre opens!

LOROS

Hospice Care for Leicester, Leicestershire & Rutland



“We are endeavouring to respond to a changing world and to future-proof this wonderful charity for the coming years”

Welcome

Welcome to this latest issue of LOROS Matters and its many insights into the organisation’s recent activities and events.

Reading through the content, it made me reflect upon the very conscious process that we have been working through to future-proof LOROS. At first, this might appear to be a very trendy statement to make; however, for myself and the senior team, it’s a very important concern. How do you shape a charity to best respond to an ageing population, to people living longer with multiple and complex conditions, and also to a world that has increasingly stringent fundraising regulations set against a growing demand for services?

Our answer, through our strategic plan, is to invest in increased facilities for Day Therapy and Outpatients, to actively develop consultant services in the community and to press ever harder in both education and research to further excellence in end of life care.

The ongoing site development, the operation of LOROS Local and the active delivery of consultant time in the community is clear evidence of how we are endeavouring to respond to a changing world and to future-proof this wonderful charity for the coming years.

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

Twilight Walk 2018 – join us for the biggest girls' night out in Leicester!



State-of-the-art meeting venue for hire

As well as being a centre of excellence for education, training and research, the LOROS Professional Development Centre also provides meeting and conferencing facilities for hire at extremely competitive rates.

With five high-quality meeting and conferencing rooms and being located close to the city centre and just four miles from the M1, the LPDC is an ideal location for your next meeting.

What does it offer?

- Five meeting and conferencing rooms with state-of-the-art audio-visual equipment
- A clinical skills suite for the health and social care sector, education providers, care homes and domiciliary care agencies
- IT training facilities
- A palliative and end of life care library
- Meeting support
- Free Wi-Fi in all rooms
- Café and catering facilities serving fresh coffee and deli-style food
- Full accessibility, including hearing loop
- Extensive range of in-house equipment
- In-house technical support team
- Video and telephone conferencing facilities
- Receptionist/concierge service
- Free parking



When is it available?

Monday to Friday from 8.30am to 5pm. If you are interested in using the venue outside of these hours, contact us for more information.

Room hire rates

Half-day hire, from £60
Full-day hire, from £100

How to book

Call us on (0116) 231 8455, email venuehire@loros.co.uk or visit loros.co.uk/lpdc

Courtyard gardens brighten up **LOROS**



As our site development continues, we are excited to reveal our two new courtyard gardens.

Firstly, our reception courtyard has been transformed into a wonderful, fully accessible space for patients, staff and visitors. Improved lighting has also been installed, allowing visitors to explore the courtyard day or night.

Our second makeover was to the garden outside our Inpatient Ward. This space is a haven for our patients and their families, as quite often patients in their beds are taken out to enjoy some fresh air.

Both gardens will make a massive difference to patients and visitors alike, and we look forward to watching them grow and bloom.



Hospice Care Week 2017 is huge success

Hospice Care Week (9th-15th October 2017) was once again a huge success for LOROS, with the highlight of the week being our Big Day Out open day, which raised nearly £11,000.

A total of 2,585 people visited the Hospice for the event, which took place on the Saturday and included a range of activities for all the family, such as live music, face

painting, a petting zoo and a pop-up bar.

We sold 600 burgers in just over an hour and a half, LOROS scratch cards sold out with hours to spare and more than 1,400 raffle tickets were bought throughout the day.

Yasmin Mears, who helped organise the event, said: "We were overwhelmed with the amount of people who visited



our Big Day Out. We were extremely pleased to have tripled visitor numbers, after 800 people came to the event in 2016.

"The event did a fantastic job of raising awareness of the work that LOROS does and dispelling some of the myths surrounding LOROS and hospice care."

Fellow event organiser Sophie Quinn said it was nice to see

so many returning faces along with new visitors.

The week also saw the opening of the Hospice's brand new Professional Development Centre, with Vice-President of Hospice UK, Baroness Finlay cutting the ribbon to mark the occasion (see page four).

On Thursday 12th October, we held our first ever LOROS Bridal Event, hosted at our



By Design shop, in Leicester's Market Street.

A total of 48 dresses, including bridal gowns, bridesmaid dresses and mother-of-the-bride outfits, were sold, raising nearly £3,000 for the Hospice.

Businesses, organisations, individuals, schools and colleges once again dug out their brightest outfits for Yellow Day.

Dozens took part in this year's campaign, including LOROS nurses, who wore yellow tights and homemade pom poms in their hair, to mark the occasion.

On the Saturday evening, a special Hospice Care Week celebration was held at the Shri Hindu Temple and Community Centre.

Leicester Marathon completed the week on the Sunday, with

more than 100 runners making up this year's 'Team LOROS' and raising money for the Hospice.

Throughout the week, our 28 shops across Leicester, Leicestershire and Rutland and also decorated their front windows with eye-catching displays to help raise awareness.

A big thank you to staff, volunteers and supporters who made the week such a success.



Be part of something amazing!

We would not be able to provide our services without our **1,100 volunteers**. LOROS is always looking for new faces to bring different skills and qualities into the Hospice; no matter your circumstances and background there is a role to suit you!

Don't take our word for it; this is what our volunteers have to say:



I have volunteered at LOROS for more than 13 years and absolutely love it! I volunteer on reception and

enjoy being part of the team. I volunteer at LOROS because I want to give something back to the community.

Carole Cottam

I enjoy supporting LOROS in many areas. Over the years, I have made many friends and volunteering has enriched my life in more ways than one!

Ishvar Rohit



I have been a volunteer driver for more than five years and driving has given me great satisfaction. Volunteering enables me

to be a more caring person and allows me to give something back to LOROS.

Malcolm Danby

If you would like to be part of something amazing, please get in touch, we would love to hear from you.

To view our current vacancies see loros.co.uk/volunteer

Powerful video set to showcase the Hospice

We have teamed up with Loughborough-based film agency Affixius Films, to create a short video which we are set to premiere this new year.

The 90-second video is bold and powerful, aiming to showcase the ethos of LOROS and round-up what the Hospice can offer at what is often the hardest time of people's lives.

LOROS Marketing and Communications Manager, Louise Lowman, said: "We really wanted to demonstrate what, in effect, LOROS really means.

"We know we can't portray every single service that we offer, so we wanted to work with a film maker to produce a short clip that captures what the Hospice stands for.

"We don't want to give too much away, so keep an eye on our social media and website to watch the video for yourself!"

Louise and the Marketing Team worked closely with Director of Care Services, Jo Kavanagh, to oversee the project.

Miles Latham, of Affixius Films, said: "It is a great honour for the team at Affixius Films to be working alongside LOROS on this exciting project.

"From a storytelling perspective, the team at LOROS have been admirably brave in allowing us to portray its incredible work in such a provocative and realistic way.

"The sense of optimism and human kindness in the darkest of times is, without doubt, one of the most remarkable sides to the LOROS provision, and we sincerely hope that this film project will reflect this."

To find out more about the film, visit loros.co.uk/theend



Claire's story

■ "I was determined I would be home for Christmas, that was my goal and thanks to the occupational therapists and other teams at LOROS, I made it and it was absolutely magical. That meant everything to me."

Claire Smith, 42, was diagnosed with bowel cancer two years ago. She has two children, six-year-old Alex and 10-year-old Izzy.

"I instantly thought of my children; they were my primary concern" said Claire.

In autumn 2016, Claire suddenly became very poorly and after spending a month in hospital, was referred to

the Inpatient Ward at LOROS.

Claire's health was deteriorating and she had become bed-bound.

"Things were getting so bad, there were even talks about me and the kids celebrating Christmas early. But to me, that wasn't an option," said Claire.



Claire with her children, Izzy and Alex

"I instantly thought of my children, they were my primary concern"

"I had a goal and that was to be at home for Christmas."

Day by day, the Physiotherapy and Occupational Therapy teams at LOROS worked together with Claire to build

her strength and prepare her home for her return.

The Occupational Therapy team assisted in getting her a chair lift, a stall for her to sit on in the shower, a high seat for her to



“I had a goal and that was to be at home for Christmas.”

use in the kitchen and a lift for the bath.

“I really didn’t want a stair lift. The thought horrified me. I was only 41, I couldn’t get my head round needing one.

“But after a little persuasion, I agreed to have one fitted and now I wouldn’t be without it. In fact, I would be trapped upstairs if I didn’t have it.”

Claire said that the Occupational Therapy team has helped her maintain her independence as much as possible.

“Having the equipment there relieves the pressure and means I can conserve my energy for worthwhile things, like activities with the children.”

Knowing how determined Claire was to be home for Christmas, the team at LOROS made an extra special effort to ensure all of the necessary equipment was in place for the big day.

“I was able to go home a week before Christmas,” said Claire.

“I honestly don’t think I would have been able to do that without support from LOROS.”

Since sharing her story, Claire has sadly died. Her husband Scott wanted us to share the story in her memory.

Last year, the LOROS occupational therapists celebrated 100 years of the profession in the UK. If you would like to find out more about how our Occupational Therapy team and LOROS could support you or a loved one, visit loros.co.uk/care



Making an impact

Wendy wins prestigious award

Wendy Gamble, LOROS Research Manager, has received a prestigious honour for her work.

Wendy, who joined us last year, was given the 'Newcomer Impact' award at the Clinical Research Network (CRN) East Midlands Research Awards.

Wendy works alongside Professor Christina Faull in

managing and delivering the research portfolio and is instrumental in recruiting and managing the first LOROS research nurses, developing good relationships and infrastructure.

Wendy is working with CRN East Midlands, sharing knowledge and experience and assisting in the development of research

in palliative care, providing support and expert advice about governance and protocols across both the East Midlands and nationally.

The work has led to successful sponsor and Health Research Authority approvals processes, minimisation of risk, and development of an eclectic breadth of research beyond the traditional clinical trial.



Wendy Gamble

Wendy said: "I am delighted to have won the award and extremely proud of the work we do and thank all those involved for their support during my first year, which I have enjoyed very much.

"I would like to dedicate the award to Idi Nukis, our research administrator who sadly died in April. Idi made a great contribution to the team and we miss her very much."

Brand new home for our Education team

Our Education team has moved to state-of-the-art facilities in the LOROS Professional Development Centre.

They offer a wide range of palliative and end of life care training, including advanced communications skills, symptom management and priorities of care.

Our bespoke training meets the needs of organisations including universities,

healthcare trusts, local authorities, care providers and schools.

Following the success of our summer school for students aspiring to a career in health or social care, we are running more. Contact us to register your interest in future hospice schools.

LOROS has developed leadership development programmes, for people working in various sectors,



covering subjects including *Thoughtful Leadership*, *Aspiring Leaders* and *Leading for Change*.

This year, we are offering bereavement and communication skills training to local businesses, allowing us to share our knowledge and experience.

In 2018, we will also be launching bite-size sessions for healthcare workers covering subjects including

presentation skills, the mental capacity act, multidisciplinary team working, ethics and communication skills.

Please let us know if you have any suggestions for bite-size training that you would like us to cover.

For full details of our programmes, visit loros.co.uk/education or call our Education team on **(0116) 231 8455** or education@loros.co.uk

Liz bids farewell after 21 lucky years at LOROS Lottery

In 1996, I walked into an office in De Montfort Street to start my new job at LOROS. I often have to pinch myself when I remember that the Lottery team has raised more than £12 million since that day!

Back then, we were given just 12 weeks before the very first LOROS Lottery draw took place on 11th October. We didn't have enough income to cover the prize at that point, but once the prize cheques started landing it all changed. Now we have over 25,000 numbers in the draw every week.



Colette Norman and Liz Singleton

Now it's time for me to hang up my lottery hat as retirement beckons. I've worked with wonderful people at LOROS and out there in the hospice world.

I've met many patients, who never fail to inspire me, and I've spoken to many nurses, without whom I probably

would never have applied for my job; they looked after my Mum in her final weeks and I will be eternally grateful.

Everyone at LOROS works so hard to ensure patients have the support they need and I say thank you from the bottom of my heart.

I know the Lottery team will be in good hands under the leadership of new manager, Colette Norman, and I wish them every success.

Liz Singleton

LOROS Lottery

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

Just £1
per entry



loros.co.uk/lottery

Free Will writing advice

During May, LOROS will once again be working with some of our finest local solicitors and Will Writers to offer a free Will Writing service in return for a suggested donation to the Hospice. There is no obligation to remember us in your

Will, however, we are extremely grateful for any support you give and 100% of your donation will go to LOROS. To find out more, please visit loros.co.uk/wills

Help us to be there for future generations.

Save the date

**LOROS Will Writing Month
May 2018**

To register your interest,
please call Rachel Hill on
(0116) 231 8414
or visit loros.co.uk/wills



Colin's generous legacy

After Colin found himself being cared for by LOROS, he decided to leave a gift to the Hospice in his Will.

His brother, John, presented the donation last year, after Colin died following a six-year battle with prostate cancer.

"Colin wrote his Will three years before he died and it included a generous legacy to LOROS," said John.

"He clearly knew how valuable they had been to him and no doubt it was a sincere thank you."

John said it would be a blessing for Colin if the money

Did you know?

Gifts in Wills support **one in four** of our patients each year.



he donated helps LOROS continue caring for patients like him.

"I believe that any legacy you make will continue to ease the burden on patients and families at a very difficult time and I know it will make a very big difference.

"I shall be forever grateful that Colin was surrounded by the LOROS family during most of his illness and especially at the end."

LOROS 2018 events

Friday 9th February
Laughter at LOROS
LOROS Hospice

The third annual Laughter at LOROS, an evening of charitable chuckles featuring Lucy Thompson and Thomas Rackham.

loros.co.uk/laughter



Saturday 14th April
Twilight Walk
King Power Stadium

Roll up...Roll up! Join ladies of all ages and fitness levels on our circus and carnival themed 10K Twilight Walk.

loros.co.uk/twilightwalk



March – June 2018
LOROS Accumulator Challenge
Various locations

You are provided £50 and have three months to 'grow it', competing alongside local businesses and organisations to win awards.

loros.co.uk/accumulator



Launching in May
Forget Me Not Flower Appeal

Each flower is a symbol of a special person who is no longer with us, this summer LOROS will be bringing a sea of beautiful wrought-iron forget-me-nots to Leicester, Leicestershire and Rutland.

loros.co.uk/forgetmenot



Saturday 10th March
St. George's Tower Run
Leicester City Centre

Run or walk your way to the top of Leicester's tallest occupied building in this challenging event available to all.

loros.co.uk/tower



Throughout May
Will Writing Month

LOROS will once again be working with some of our finest local solicitors and Will Writers to offer a free Will Writing service in return for a suggested donation to us.

loros.co.uk/wills



Friday 11th May
The LOROS Golf Day
Rothley Park Golf Club

Enter a team of four and enjoy a light lunch, excellent course hospitality and a superb evening meal at the beautiful Rothley Park Golf Club.

loros.co.uk/golf



Saturday 2nd June
Leicester to Skegness Bike Ride
Leicester Clock Tower

Last year more than 200 cyclists took to the streets in this increasingly popular 82-mile charity cycle ride all the way to the seaside in Skegness!

loros.co.uk/skegness



Saturday 12th May
Skydive Saturday
Sibson Aerodrome, Peterborough

Face your fears and fall 13,000ft for LOROS Hospice

loros.co.uk/jump

Wednesday 6th June
Colourfun Mile
Hinckley Town Centre

Back for its fifth year, LOROS will once again be showering fun runners in paint and happiness. This year...we have BUBBLES!

loros.co.uk/colourfun



Wednesday 23rd May
Ladies Lunch
King Power Stadium

This year LOROS welcomes Strictly Come Dancing's biggest star, Anton du Beke, as our guest speaker.

loros.co.uk/ladieslunch



Tuesday 12th June
Rothley 10K
Rothley Village Centre

Run in aid of LOROS at the increasingly popular Mattioli Woods Rothley 10k.

loros.co.uk/rothley10k



All in a day's work

We are the LOROS drivers. There are 32 of us, and we all volunteer our time to drive patients, visitors and staff to and from the Hospice.

The previous day:

Transport Volunteer Co-ordinator Paul McChrystal texts or calls us to let us know who we need to pick up for Day Therapy the following day.

7.30am: Paul arrives at the Hospice to start his day and double checks all Day Therapy patients are

scheduled to be picked up and finds out whether there are any other jobs that need doing that morning.

8am – 10am: Four days a week we go and pick up Day Therapy patients from their homes. We can pick up one to three patients in one run, using either our own car or a



Hospice vehicle, depending on whether patients need specialised wheelchair access.

10am – 10.30am: We escort the patients into Day Therapy before going to see Paul to find out if we are needed elsewhere in the Hospice.

11am – 2.45pm: We are given jobs throughout the day and these can range from picking up flowers from supermarket donors, to picking up patients for Outpatient appointments. There are a lot of ad hoc jobs that come from the ward, like taking a patient to one of the nearby hospitals to have a scan. Other departments may also ask if we can help pick up or drop off items for them. Sometimes, if it's

quiet, we volunteer to help in the Hospice gardens or on reception.

On Tuesdays when there is no Day Therapy our jobs mostly revolve around clinical appointments.

2.45pm: We pick up the patients from Day Therapy and take them home.

3.30pm – 4pm: After we have dropped off all of our patients, our day is finished and we can go home.

Most drivers volunteer at least one set day a week. If you are interested in becoming a LOROS volunteer driver then call **(0116) 231 3771** or email volunteers@loros.co.uk



Did you know?

- Being a volunteer driver involves more than sitting in your car all day. Our volunteer drivers have regular breaks where they can enjoy a delicious slice of cake, a brew and have a natter.
- Our volunteer drivers transport a total of 75 to 100 patients every week, including those from Day Therapy and on the Ward.
- Our drivers spend a total of 200 hours per week on the road for LOROS.
- Some of our volunteer drivers even give up their Christmas Day to help transport patients and their families to and from the Hospice.
- Our volunteer drivers range from nurses, teachers, builders, ambulance drivers, administrators, railway workers and engineers, to name but a few.



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.

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



Riders of Shaam fund new patient beds

A massive thank you to the 22 cyclists that set out on their gruelling 410-mile cycle all the way from Leicester to Luxembourg

last summer. The Riders of Shaam have raised an incredible £10,331 towards funding four brand new patient beds on the Ward.



Thank you to Helen Egerton and everyone that supported We Sing for LOROS. The choral event raised a wonderful £10,299.

At Megan and Mark Ramsell's wedding, their nephews Jamie and Lewis organised a sweet shop and raised £250.



Des Chandler, Paul (Steve) Tully and Lou Aracsi took part in the 1,500-mile Two Ball Banger Rally to Monaco and raised £2,286.



The fifth Welland Valley Wander, organised by Andrew Duerden, enjoyed fantastic weather for another great event with a total of £3,000 raised.

The Queens Head Golf Society raised £1,787 from their Brian Tate memorial golf day.



Lara Patrick and her friends Daniel Bailey, Sean Rafael and Vaughan Ashcroft raised £1,142 from their Danceathon and taking part in a Tough Mudder event.

Thank you

Talented local choir Coro Nostro, led by conductor Lydia Hind, staged a beautiful concert and raised £1,063.

The Birstall Methodist Thursday Group raised a tremendous £2,400 for LOROS during a year of events and fundraising.

Maggie and Charles Parker organised their Annual Winter Bridge League and raised an incredible £5,180.

Dawn Bailey and friends bared all for LOROS with their Full Monty and Moulin Rouge night raising a fantastic £1,300.

Birstall BAGS kindly donated £2,600, used to purchase two syringe drivers to use at the Hospice.

Mark and Sally-Ann Padgett held their annual gym challenge event and raised £8,249 in memory of Liza Webb.

The Michael Smith Trust Team took on their first fundraiser for LOROS at The Mudnificent 7 race, raising £1,000 in the process!

A donation of £7,600 was made to LOROS at the Leicestershire and Rutland Masonic Charity Association Presentation Evening.

Stump up the stamps for LOROS

LOROS 'stamp man' Graham Hunt desperately needs your used stamps, stamp collections, old coins and old postcards which he is able to turn into funds for LOROS.

enabling LOROS to purchase equipment to help care for patients at the Hospice.

Tens of thousands of pounds have been raised over recent years

Items can be dropped into any of the LOROS shops or you can contact the Fundraising Team on **(0116) 231 8431**.



"I don't just
volunteer for me,
I volunteer for
LOROS and the
patients."



Alan and Sue

Sue's story

■ "Giving up just three hours of my time to sit with a patient means as much to his wife as it does him. It's so important for carers to have 'me time' too."

Sue Sutherland has always wanted to volunteer, even before her husband, Alan, became poorly in 2016, and once she had experienced LOROS, she knew she wanted to give something back to the Hospice.

Sue became a home visiting volunteer in July, spending time with patients to give them company and allowing their carer a few hours of time-out.

"Spending time with the patient means his wife can go out for three hours, knowing that her

husband is in safe hands," said 57-year-old Sue, of Markfield.

"It's so important for carers to keep their friendships and maintain their independence too, I can relate to them.

"You often get so tied up in caring for your loved one, you forget to have time to yourself."

Sue is part of the EVOLVE project, supporting patients with Motor Neurone Disease (MND) and Frontotemporal dementia.

"I only have experience with cancer and I really like learning and gaining new knowledge, so I find it interesting to be involved with something different," said Sue.

Sue spends time sitting with the patients, chatting when they want and providing company for them.

"The wife of the patient I see found it strange at first to be leaving her husband for a few hours but over time, we've built a trusting relationship and now she goes out without even thinking about it."

Sue's husband, Alan died at LOROS almost two years ago

at the age of 57. The couple have two grown-up children together.

"I'm in a really fortunate position that I don't work anymore," she added.

"I don't just volunteer for me, I volunteer for LOROS and the patients."

Sue said that she would definitely encourage others to get involved by becoming a home visiting volunteer.

"I finished having counselling at LOROS mid-2017, so becoming a volunteer seemed like the natural next step. This is my way of staying connected to LOROS.



Alan with his and Sue's daughter



Alan with his and Sue's son

"My aim now is to get more people involved with supporting LOROS.

"I would encourage anyone who is able to spare the time, to give back to those less fortunate.

"At the end of the day, I'm never going to run a marathon or climb Mount Everest to raise money because that's just not me but home visiting is something I can do and for as long as I possibly can."

If you would like to become a home visiting volunteer then email volunteer@loros.co.uk



Discover your own...



Some shoppers say that it's better than an indoor car boot sale, others say it's a cave full of treasures waiting to be discovered! We say pop on down to our **Reuse Shop** and see for yourself!



Packed with pre-loved items awaiting a new home, our Reuse Shop, based in Gypsum Close Recycling Centre, is the perfect place to go hunting for that unusual addition to your home.

With shop stock changing throughout the day, visitors can expect to find anything from beautifully aged rocking chairs waiting to be up-cycled,

to gorgeous antiques full of stories to tell.

So, there really is something for anyone looking for a project to get stuck in to, or a quirky item to add to their shelves.

Choose charity, shop LOROS!

To showcase our Reuse Shop, as well as many of our other amazing stores, we

have launched our Shops Campaign, which will be running through 2018.

By shining the light onto a different shop each month, we will be giving people the chance to take a real look at what some of our stores have to offer.

From our '4 Men' shop, in Wigston, to our 'Spiral Scratch' Shop, in Leicester, we really want to demonstrate just how much variety and range our shops have.

Search for **#ShopLOROS** across our social media pages to find out which of our shops we'll be highlighting each month.

For more information on our up-and-coming shops campaign, visit loros.co.uk/shoploros

ByDesignGifts.co.uk



ESCAPE TO THE COUNTRY



SEEING IS BELIEVING



OLD IS BEAUTIFUL

Visit our eclectic shop today.

Seeing is believing.





Wedding Favours

Did you know that we sold over 20,000 scratch cards last year? The money raised is enough to pay for 800 hours of care for our inpatients.

With wedding season fast approaching, LOROS is giving couples the chance to add something a little bit different to their big day, while giving their guests the opportunity to win £1,000.

In a time of modern wedding planning, where couples are looking to enhance their big day with those unique touches, LOROS scratch cards make the perfect favours to help make their wedding one to remember.

With guests having the chance to win anything from £1 to

£1,000, LOROS scratch cards are an absolute must-have at weddings this year.

And with each scratch card costing just £1, happy couples will find it easier to stick their all-important budget, while supporting a worthwhile cause.

You can buy your scratch cards, or collect an order form from any of our 28 shops, the Hospice, or from the Lottery office. Alternatively visit loros.co.uk/scratchcards or call (0116) 231 8430 to find out more.



LOROS BRIDAL EVENT

Our debut LOROS Bridal Event saw more than 180 brides-to-be visit our By Design Shop in hope of bagging their dream gown at a bargain price.

With hundreds of brand new and pre-loved dresses, all priced under £200, up for grabs, this was an event not to be missed.

Women were queuing up an hour before the shop opened, with nearly 50 people visiting within the first five minutes of the event.

Emma Mugginson, managed to buy her whole outfit, including her dress, shoes and tiara from the shop. She said:

"I was there for hours trying to choose my perfect gown, the girls from the shop were so helpful, it was the bridal experience I'd always wanted.

"I never expected to find my dress, let alone my whole outfit."

Nearly £3,000 was raised at the event, which took place during Hospice Care Week.

Bride-to-be Anna Nikolic, who managed to buy all four



of her bridesmaid dresses at the event, said: "The LOROS Bridal Event was the perfect opportunity for me to get my hands on some gorgeous dresses at such great prices.

"My granddad was at LOROS, so buying them from a LOROS shop meant even more to me."

Our By Design Shop, in Leicester's Market Street, has a by-appointment-only Bridal Boutique, which is open throughout the year.

For those who missed out on the event, they can book a private appointment by calling (0116) 254 8112. Opening times are 9am until 5pm, Monday to Saturday.



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Conquering the peaks **against the odds**

A father battling Motor Neurone Disease (MND) is inspiring others after defying all odds by becoming the first person to conquer The Yorkshire Three Peaks in an all-terrain wheelchair.



LOROS patient David Needham, 46, of Cold Newton, completed the challenge in a specially made mountain trike in less than 24 hours, spread over two days. MND damages the nervous system and causes muscle weakness.

LOROS CEO John Knight and a handful of friends and volunteers joined the father-of-three on his challenge in September.

"I still recall the look I got when I first suggested



attempting the challenge," said David, who was diagnosed four years ago.

"To be brutally honest, I was just focused on getting to the top and thinking this isn't going to beat me.

"I'm lucky that I've always had that fighting spirit in me. Without the guys who helped with the challenge, it would not have been possible though and I will be forever grateful to them."

John Knight said: "David is truly a most impressive individual and it was a real privilege to be part of his challenge.

"To witness his amazing determination while pressing against the elements and the increasingly challenging mountain footpaths is something I will never forget."

Having received support from both LOROS and the Motor Neurone Disease Association David has now raised more than £2,000 for the charities.

Feeling inspired? Choose your challenge today



Skydive for LOROS

Saturday 12th May/Sunday 9th September
Have you got what it takes? Throw caution to the wind and jump out of a plane for LOROS Hospice. [Find out more at loros.co.uk/jump](https://loros.co.uk/jump)



Scafell Pike

Saturday 30th June
Reach your first ever summit on this one day trek to the top of England's highest mountain. loros.co.uk/climb



St. George's Tower Run

Saturday 10th March
Take on the tower and run or walk all the way to the top of Leicester's most iconic building. The view will not disappoint! loros.co.uk/tower



The Mudnificent 7

Saturday 11th August
Mudnificent 7 brings together seven of the best obstacle races in the country for a challenging 7km mud run. Get stuck in with Team LOROS and [sign up for some muddy good fun at loros.co.uk/mud](https://loros.co.uk/mud)



Into the Wild

Friday 20th – Sunday 22nd July
Back by popular demand, we're taking teams out of their comfort zone in this epic 36-hour survival weekend. With challenges at every turn, you'll need to work together to survive! Visit loros.co.uk/wild



You truly make a difference



1



2



3



4



5



6

Corporate heroes

1. **Mazars** raised more than £1,350 for LOROS at its annual Ladies' Afternoon Tea event. Taking place at Leicester's Lumbers Jewellers, the event saw more than 50 of Leicester's business leaders come together to raise money for the cause.
2. **HSBC's Annual Table Tennis Tournament** raised almost £3,000 with 16 business teams taking part in the annual event.
3. The team at **Church Pharmacy** admires the work that LOROS does and is grateful for the support that's been offered to their colleague. They felt privileged to make a £1,500 contribution to support a great cause.
4. Local businesses joined **PwC** for its fourth annual charity pub quiz and raised an amazing £5,355 for the Hospice.
5. **Co-op Food, Glen Parva**, fundraised in memory of their colleague, raising £5,908 through their garden tombola, 12-hour sponsored walk, fun day and sponsored head shave done by Claire.
6. **Our corporate volunteers** amaze us with their hard work and dedication in fulfilling tasks from the endless employee volunteering list.

Thank you for your support

Accumulator Challenge 2017



Massive thanks to all members of the 21 teams that took part.

Through a range of innovative fundraising activities, you rose to the

challenge turning your £50s into an incredible £23,536

Most Innovative Idea was awarded to Coventry Building Society in Leicester. The prize for Most Money Raised went to the British Gas NDC team, which also scooped the Most Engaging Challenge award for organising 22 events.

Other teams taking part were Cadent – Data Assurance, GI Solutions, Highcross Leicester, three branches of Hinckley & Rugby Building Society, MJ's Events, six teams from PepsiCo, Ramada Encore, Red Rock Partnership, Regent College, 33rd/65th Leicester Scout Group, Team Charlie and Tokio Marine HCC.

Sponsors



Colourfun Mile 2017 paint stations were kindly sponsored by Cadent, Hinckley & Rugby Building Society, M&S and Santander.

Many thanks to Western Power Distribution for supporting our Full Steam Ahead event, Morningside Pharmaceuticals for sponsoring Light Up a Life, Westerby for Sir David and Lady Samworth's Garden Party, and NEXT for its continued support towards a number of events.



Special thanks to Co-operative Funeralcare, Glenfield and Abbey Oak Funeral Service for donating cakes, chocolates and prosecco for our events.



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

Out and about with LOROS Local

LOROS Local has been out and about in Leicester, Leicestershire and Rutland over the last six months, averaging three visits per week. These have ranged from city centre sites, supporting national initiatives such as Dying Matters week, to garden centres and supermarket car parks where we have invited the public to sample aspects of our complementary therapy service.

At each venue, LOROS Local is staffed with a volunteer who is able to answer questions from the public, discuss the range of services we provide, and give advice, information and support. We are now in the process of reviewing our first

six months and planning our 2018 visits.

LOROS Local has given us the opportunity to further engage with staff across our local emergency services. During Dying Matters week, we spent the day with the East Midlands Ambulance Service (EMAS) at the Gorse Hill Ambulance Station, where we discussed important subjects with the paramedics, including supportive services, end of life care and their own educational needs. We were then invited to the EMAS celebratory event in Narborough, where we had a fantastic day of sharing information, arts and crafts and showcasing our virtual reality goggles.



Circus & Carnival Twilight Walk 2018 Sign Up Form

2018/FTW/01

Title (Ms/Miss/Mrs)

First name

Surname

DOB

Address

Postcode

Email

Telephone

Emergency contact name

Emergency contact number

PLEASE COMPLETE THE PAYMENT DETAILS BELOW

Card Number:

Start Date:

Expiry Date:

Card Security No:

Last 3 digits on signature strip

Signature: Date Signed:

Alternatively, you can pay by cheque, payable to 'LOROS' and sent to LOROS Fundraising, LOROS Hospice, Groby Road, Leicester LE3 9QE

In 2017, 100 Twilight Walkers challenged themselves to raise £100 each to reach a grand total of £10,000 for the Hospice. They went above and beyond and raised an incredible £14,000! Do you want to be a Hundred Hero in 2018? You will receive exclusive benefits if you sign up!

Do you want to be part of the Hundred Heroes Club in 2018?

Yes

No

T-shirt size required: S

M

L

XL

XXL

We need over 100 volunteers to be able to run this event! Do you know someone over 18 who would like to help? Please leave us their name and contact details:

Would you like to donate your unwanted pre-loved goods on the night to our Donation Station? If you check 'Yes' we'll send you everything you need to donate

Yes

Please give details of any pre-existing medical conditions or medication being taken that may affect your participation in this event.

We would love to know why are you taking part in this year's Twilight Walk...

Your support really makes a difference and we'd like to keep you updated with our news, activities and appeals. Are you happy to receive this information...

By post? Yes

By email? Yes

By phone? Yes

No, please limit contact to information regarding this event only

No, please limit contact to information regarding this event only

No, please limit contact to information regarding this event only

LOROS (including LOROS Lotteries and LOROS Enterprises) will not share your data with anyone apart from suppliers working on our behalf (e.g. a mailing house to send you our post). LOROS (and our Data Protection Officer) can be contacted via the details on this form. You have the right to opt out of mailings at any time and other rights outlined in the Privacy Policy on our website.

Leicester's **BIGGEST**
GIRLS NIGHT OUT

2018
LOROS
TWILIGHT
WALK

**CIRCUS
& CARNIVAL**

SATURDAY 14th APRIL



ONLY
£10pp
before 1st Feb
(£12pp thereafter,
£30pp on the night)

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

Sign up now at loros.co.uk/twilightwalk



Donation Station dimensions: 700x700x920mm



Can you give a home to one of our **LOROS Donation Stations** or host a **LOROS Donation Day**?

If you work in an office, school, hotel, gym or are part of a community group or club, we've made it easier than ever for you to support your local hospice.

Don't bin it, bag it and donate it!

We'll provide everything you need; all you need to do is ask your colleagues to bring in their unwanted items!

With the **average bag of donations raising £25 for local terminally ill patients** and their families, it's time to de-clutter those cupboards and clear out your wardrobes.



WANTED
We urgently need good quality pre-loved goods and unwanted gifts to stock our shops

For more information visit loros.co.uk/donationstation, email elainegodber@loros.co.uk or call **07843 452715**

loros.co.uk/donationstation

Registered Charity No: 506120

LOROS

Hospice Care for Leicester, Leicestershire & Rutland

Being there for *you*
and *your family*