

LOROS

Hospice Care for Leicester, Leicestershire & Rutland

Wellbeing

Improving positive culture and wellbeing



What's new?

This month we would like to highlight one of the support areas we have at LOROS: The Counselling and Bereavement team who provide pastoral care and reflection for all staff at LOROS. Having a safe place to talk things through, can help reflect on emotional situations that stay with us, we can then guide staff to access further counselling or support if needed.

We also provide psychological training that promotes using self-care, and personal resourcefulness, and why it's so important to psychological wellbeing. These courses can be accessed via UNICORN or by contacting the education team LPDC@loros.co.uk or counselling@loros.co.uk

In August, we will be celebrating Afternoon Tea week! Hopefully you will get the chance to chat to people outside of your team and to some of the volunteers who work with us too. Connections have been lost over the last 2 years and this is a chance to rebuild those or indeed make new ones! How many new people will you connect with?

August 5th [Tisha B'Av](#)- Annual Jewish day of fasting
August 18th [Krishna Janmashtami Hindu](#) festival celebrating the birth of Krishna

How did it go?

The LOROS Corridor Games! Well...this certainly brought out some people's competitive side! The results were not all in at the time of making this newsletter unfortunately so they will be sent out by email ASAP! Well done & thanks for taking part.

To further your knowledge and development don't forget to check out the [Training Opportunities](#) - there are some fabulous courses coming up and they all support your personal and professional development. Take some time out and see what courses would benefit you. These courses are available for our volunteers too so please share the link.

Any queries contact LPDC@loros.co.uk

If you haven't managed to check out the LOROS [Wellbeing Strategy](#) please do and let me know if you have any feedback. We are also now adapting our strategy for volunteers so any ideas would be gratefully received.

Feedback appreciated

If you have an idea or feedback relating to wellbeing, support or equality, diversity & inclusion then please get in touch with Louise:
staffnetwork@loros.co.uk

Access our strategy and further support by scanning here



LOROS contacts

staffnetwork@loros.co.uk
coaching@loros.co.uk
hr@loros.co.uk

Coming soon!

September- Festival of learning, have a go month
September- World Alzheimer's month
September 10th - World suicide prevention day
September 18th - International Equal pay Day
September 23rd - Bi-Visibility day
September 25th-27th- Rosh Hashanah (Jewish)

Useful contacts

<https://www.llrstaffwellbeing.org/> 0116 2544 388
<https://www.lampadvocacy.co.uk/> 0116 255 6286
<https://www.samaritans.org/> 116 123

For more details scan the QR codes below:

<https://loros.co.uk/staff-and-volunteer-training-plan>



<https://www.llrstaffwellbeing.org/>

