

LOROS

Hospice Care for Leicester, Leicestershire & Rutland

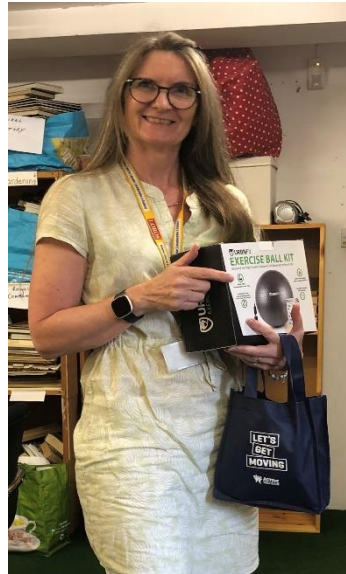
Wellbeing

Improving positive culture and wellbeing



LET'S
GET
MOVING

Winners!



Back in April, to recognise World Health Day, we set up the LOROS Let's Get Moving Challenge. Our paid staff needed to complete at least 1 section on the wellbeing passport to be in with a chance to win a prize.

Well, the **winners** are in! Thank you to everyone who took part, we had some great feedback and it was great to see what people had been up to!

Top prize went to Cari Mason from our catering team- well done Cari!

Second Prize went to Shirley Gardner from the Uppingham shop- well done Shirley!

Third prize went to Jemma Simmonds who was working within fundraising but has sadly left (not before receiving her prize though!)

Other winners included **Dr Nimisha Raj, Helen Goddard and Rebecca Mills** who each received one prize each for most improved step count, a close second improvement and best book review respectively. Everyone else who took part received a small goody bag from Active together just like **Jackie's!**

Thanks again for taking part and we hope that this inspired more of you to get moving in any way you can.



Not so summery-summer! We are not quite getting the summer we thought we would but check out this article all about the benefits of going for a walk in the rain! It might surprise you!

<https://www.psychologies.co.uk/walking-in-the-rain-benefits/>



Review of last month

On 4th July we acknowledged and celebrated **South Asian Heritage Month (SAHM)** in collaboration with South Asian Health Action. The event provided an opportunity for a number of community groups to showcase food, dance, poetry and the importance of health promotion. Please see [Pinboard](#) for a few more photos and videos.

The 24th July was a reminder about the service Samaritans offers us and a time to remember the importance of actively listening to the people in our lives, either that we see regularly or even those we need to get in touch with.

For direct support either call: 116 123 or check out the website:

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



Summer holidays- The six or so weeks are well under way now and if you are running out of ideas or the kids are telling you they are bored, check out these **101 suggestions**:

<https://highlandsranch.macaronikid.com/articles/5bcea077a9481720ac09165b/101-things-to-do-when-kids-are-bored>

This long period away from school can also be a challenge for children as many thrive with a routine.

Please take a few minutes to read about how we can **support that change** and get through summer more smoothly: <https://childmind.org/article/strategies-for-a-successful-summer-break/>

Check out this website for **money saving ideas** plus a list of where families can eat out this summer:

<https://www.goodto.com/family/family-news/where-do-kids-eat-free-food-613592>

Coming soon

Upcoming dates:

Afternoon tea week: August for Shops, September for Hospice

Leicester Pride: 2nd September

International Week of Happiness: 18th-24th September

Black History Month: October

ADHD Awareness Month: October

Menopause awareness sessions: October (Find out more on [Pinboard](#) or email wellbeing@loros.co.uk)

Men's Health Month: November

Career Development Month: November

Crohns and Colitis week: 1st-7th December

(All event details to be confirmed)

For details on any support with your wellbeing please check out the LOROS staff wellbeing page.