

# LOROS

Hospice Care for Leicester, Leicestershire & Rutland

# Wellbeing

Improving positive culture and wellbeing



## This month



Don't forget- the **Christmas door decorating competition (or windows in shops)** is on again for another year! There were some fabulous entries last year- including the winners, the Housekeeping team- but some felt their should have won and would like another opportunity to take the prize!

The competition is real and like last year, the chocolate bribes are most welcome!

**Grief Awareness Week (4<sup>th</sup>-10<sup>th</sup> December)**- A challenging topic but as we are all very aware, something that our amazing charity is here to support with. Our dedicated Bereavement Team, which includes many volunteers, would like to tell you all a little more about where the Bereavement Hubs are and how

they can help not only members of the public, but our staff and volunteers too. Please look out for an email soon and a display in the social area if you are visiting the Hospice. You can also find information on our LOROS website.

**Hanukkah-** Hanukkah (Chanukah) is the Jewish eight-day, wintertime "festival of lights," celebrated with a nightly menorah lighting, special prayers and fried foods. The Hebrew word Chanukah means "dedication", and is thus named because it celebrates the rededication of the Holy Temple (as you'll read below). Also spelled Hanukkah (or variations of that spelling), the Hebrew word is actually pronounced with a guttural, "kh" sound, kha-nu-kah, not tcha-new-kah.

**Winter Wellbeing-** It's cold, it keeps raining and that means we need to keep warm. For some people this is something at home that could be balanced against buying food or other important necessities. Please remember that we can signpost you to support to find money saving options such as foodbank referrals, guidance on benefit applications, ways to budget and other useful financial wellbeing support. If you feel you are struggling or you know someone who needs some support, don't forget to check out the Financial Wellbeing section on the staff wellbeing webpage which you can find by scanning the QR code on the right. We also have a leaflet that contains many useful links and you can pick that up in various locations or email [wellbeing@loros.co.uk](mailto:wellbeing@loros.co.uk) and a copy can be emailed to you.



## **Review of last month**

November was a time to talk about **Men's Health**.

Here are a few useful websites where you can find support, or you may like to signpost someone to:

[ManKind Initiative - Supporting Male Victims of Domestic Abuse](#)

[Movember - Changing the face of men's health - Movember](#)

[Welcome to the home of International Men's Day in the UK \(ukmensday.org.uk\)](#)

[Mensoar - Leaflet 1 \(blabystayinghealthy.co.uk\)](#)

[Mental Health and Wellbeing | First Contact Plus](#)

[The Blue Ribbon Foundation – Male Health and Wellbeing Charity](#)

November was also our annual time to be thinking about our own personal development at work when we complete our PDRs. To assist this year, we hosted a **Career Development Forum** in LPDC Café on 21st November which provided information coaching opportunities, PDRs, placements, vacancies, courses available through Unicorn as well as the education programme. Thanks to our LOROS coaches and HR staff for supporting this as well as those who came to find out more.

If you would like to know more please email [wellbeing@loros.co.uk](mailto:wellbeing@loros.co.uk)

## **Coming soon**

*Our new calendar of events is currently under construction for 2024 so there is still time to get your ideas in. If there is a wellbeing awareness day, a diversity celebration or a faith day that you would like to tell our colleagues more about, please get in touch ASAP.*

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

## **NEW Information!**

### **You can now be a Wellbeing Champion in your department!**

We would love you to join the Wellbeing Team, ensuring that wellbeing gets talked about within your team and allows direct feedback on what matters to you.

If you are interested, chat to your Line Manager and then email [wellbeing@loros.co.uk](mailto:wellbeing@loros.co.uk) when we can then arrange to meet.

We also have an **Ideas Generator form** that you can complete if there is a topic related to wellbeing, equality, diversity or inclusion that you think we should all know about.

Forms are available to print or please email [wellbeing@loros.co.uk](mailto:wellbeing@loros.co.uk) and we can get one sent to you.

**Wellbeing is for everyone, it's different for each of us and if you have ideas on that we would love to hear them.**