

LOROS

Hospice Care for Leicester, Leicestershire & Rutland

Wellbeing

Improving positive culture and wellbeing



What's new?



In July we will be acknowledging and celebrating **South Asian Heritage Month (SAHM)** We are hosting an event on Tuesday 4th July in collaboration with South Asian Health Action and there will be dancing, guest speakers, poetry and food as well as displays of stories from people within the South Asian Community. This is a great opportunity to learn about a new culture, celebrate this and share the services that LOROS has to offer our communities.

We will also be Promoting **The Big Listen** by The Samaritans- 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. On **July 24th** we will be in the social area with Sharon Smith who is a Samaritan and who will be coming to share all the ways they can support you, should you need it.



For direct support either call: **116 123** or check out the website <https://www.samaritans.org/>

Review of last month

June was **Pride Month**. Pride began back in 1970 after the Stonewall riots back in 1969.

To acknowledge Pride Month we are still aiming to get more people to sign up to the Pride event in Leicester in September- please email jackymcblain@loros.co.uk if you would like to help on Saturday 2nd September. This year Pride is moving to Abbey Park so you can also pop into our café in the park while you are there!

June was also **Motor Neurone Disease (MND) awareness month** and our wonderful MND team made a fabulous display sharing all about MND. You can also take a look on www.mndassociation.org for more insights.



June has seen the end of the **LOROS Let's Get Moving Challenge!** I am currently sorting all the wellbeing passports that have been returned and will be celebrating the winners very soon! If you do still have your passport to hand in please do so ASAP!

Coming soon

Afternoon tea week- after last year's success we will again be having scones (**pronounced s-gones!**) at the Hospice- ordering details will be available nearer the time. Within the shops, as discussed, you will be able to arrange get-togethers with your volunteers for this too. Last year there were some lovely tea parties including quizzes and lots of cake!

Summer holidays- If you have children of any age then you will know that the long awaited summer holidays are about to be thrust upon us again! For the children and definitely the teachers this is a welcome event of course! But for those who work in other careers it can bring a little more stress because we have to arrange child care, change working hours around and it can also bring additional costs to daily life. If you would like to share your money saving summer holiday tips- get in touch! From things like making treasure hunts, going on nature trails to finding vouchers online for days out- I'd love to hear them all so we can share them next month.

Useful information

A brand-new website has just launched too which is FULL of useful information- [JAAQ \(Just Ask A Question\)](#). This lays out many questions that are then all answered by professionals. Take a look and see if there is something to support you or something that you can learn.

Health Support- the Leicester, Leicestershire and Rutland ICB has just launched a really supportive [website](#) which guides you to get the right care as quickly as possible.

From what to do in an emergency and GP information, to dental care and online support, the website is really clear and easy to follow. Take some time to look now so that if you do have a problem you will know where to go to get support.



Don't forget we have dedicated mental Health First Aiders who are here for you. There is a list on the noticeboard but please contact me if you need support and are not in the Hospice.

wellbeing@loros.co.uk

Wellbeing Feedback- If you would like to give feedback or have a wellbeing related idea, please click [here](#) or email wellbeing@loros.co.uk

Wellbeing Page- We are continually updating the staff wellbeing page on the website to make it easier to access useful information. If you need support please take a look, but if you can't find what you need use the contacts at the top left or contact your line manager.