

LOROS

Hospice Care for Leicester, Leicestershire & Rutland

Wellbeing

Improving positive culture and wellbeing



What's new?

Men's health week 13-19th June- Check out [Men's Health Forum](#) to see how you can give yourself an MOT & to see why it's important to keep a check on yourself! Through lockdown there was a big drop in referrals for cancer related issues- there is no excuse now though, if you feel like something isn't right it's always better to get checked.

Adult learners week 14-19 June- the Education Team are very excited to share the new [training opportunities](#) so please check out what is available and get signed up!

Staff wellbeing page- Check out the newly added Wellbeing Wednesday Videos under [Access Anytime Resources](#). These short videos provide quick tips and wellbeing ideas, new ones are added weekly. You can view them on the [Move Breathe Achieve Channel](#).

[LLR Wellbeing Hub](#) provides one location to find external support. Click on the link and search for LOROS under the Organisation tab at the top.

[LLR Academy](#) have a fabulous line up of Wellbeing and development events coming up w/c 21 June including a Family Fun Day! Head to the website to book- spaces filling up fast!

How did it go?

May was a jam-packed month with so much going on! We had **mental health awareness week** which gave us a reminder about Loneliness and how we can all contribute to making sure we keep up connections, no matter how little. Lisa Clarke, our mental Health & Wellbeing Guardian has been working to ensure the Mental Health First Aiders are up to date so that we all have access to the right people if we need support.

We also celebrated **connections and community month** by reminiscing with Jacky McBlain about her early days at LOROS, including the attractive uniform from back then!

I have been out visiting LOROS shops with the [Wellbeing Strategy](#) and making sure everyone knows about it and also collecting feedback while I am there. If I haven't seen you yet- get in touch, would love to come and tell you more!

It's been a busy month all round so make sure you remember to take some moments for yourself.

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!

July 8-10 Sparkle weekend for Trans awareness/ Trans rights
July 9-13 Eid-UI-Adha Islamic celebration commemorating the end of Hajj (pilgrimage to Mecca)
July 24 The big listen Samaritans awareness day
July 29 Al-Hijra (Islamic New Year) Marking the migration of the Prophet Muhammad and his followers from Mecca to Medina.

Useful contacts

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