

LOROS

Hospice Care for Leicester, Leicestershire & Rutland

Wellbeing

Improving positive culture and wellbeing



What's new?

This month is **Pride Month**. Pride began back in 1970 after the Stonewall riots back in 1969. These happened in New York and you can read more about them [here](#). Pride marches were then put into place to serve as a memory of these riots and to remember the actions taken to allow people from the LGBTQ+ communities to enjoy their civil rights, which had been denied for many years.

So what does this have to do with wellbeing you may ask! If you can just imagine that before these changes (and actually it still happens in society today), a person from the LGBTQ+ community could not be themselves. They will have hidden their true identities through fear of persecution and possible imprisonment. When you can be your true self, your wellbeing will absolutely improve. Check out this [article](#) which explains about authenticity and how it directly increases wellbeing.

To acknowledge Pride Month we would love to get more people to sign up to the Pride event in Leicester in September! We will be in the social area throughout June but please email wellbeing@loros.co.uk if you would like to help on September 2nd. This year Pride is moving to Abbey Park so you can also pop into our café in the park while you are there!

June is also **Motor Neurone Disease (MND) awareness month**. If you are in the Hospice there will be a display to look at so you can learn a little more but you can also take a look on www.mndassociation.org for more insights.

Still Going!



Please remember that our **Let's Get Moving / Wellbeing Challenge** is still running and by taking part it could mean you are in with a chance to win one of several sports or wellbeing related prizes that we have managed to secure! No matter what your level of fitness, you could win something just by taking part! More information to follow but please don't miss out!

You have to be in it to win it!

**Thank you so much to those who have already completed the challenge!
I can't wait to see more coming through!**

Review of last month

Thank you BBQ: Thank you to everybody who attended the BBQ on May 4th it was a fabulous event! Also, many thanks go to RRT who organised the BBQ at no charge to LOROS, and to Cake Origin on Queen's Road for the beautiful cupcakes they gifted to us! The generosity has been amazing. I hope you all enjoyed the little bit of Christmas at the BBQ as well!

Mental health awareness week: The official theme this year was 'Just' anxiety?' and the campaign aimed to help us understand the difference between anxiety and anxiety disorders, and help support those who need it to be able to seek support or be signposted. For more information check out the [mental health UK](#) website.

Thanks to everyone who came to chat to Salim from Amica, enjoyed yoga with Tess, chatted to our Mental Health First Aiders and special thanks to the amazing students from Leicester College who treated us to hand massages, painted nails and curls! They would love to come back from September so watch this space!

Coming soon

In July we will be acknowledging and celebrating **South Asian Heritage Month (SAHM)** to learn a little bit more check out this [article](#) from the common sense network. More details to follow!

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 24th July we will be in the social area with someone who is a Samaritan who will be coming to share all the ways they can support you, should you need it.

Choir visit On Thursday 29th June 12.30-1pm Twycross in LPDC there will be a choir performing! This will be open to all staff and volunteers.

Useful information

Shine a Light

Results are in for Q4 2022- **102 shine a lights returned!** A brilliant result and some lovely comments Please remember to keep 'Shining a Light' on your colleagues- staff and volunteers alike (card or online). Volunteer Shine a Light figures are low so make sure, when an opportunity arises, you are recognising their great work too.

A brand-new website has just launched too which is FULL of useful information- [JAAQ \(Just Ask A Question\)](#) 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.



<https://www.samaritans.org/> 116 123

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.