

LOROS

Hospice Care for Leicester, Leicestershire & Rutland

Wellbeing

Improving positive culture and wellbeing



This month

November already! That means its colder and darker and we have more of a need to keep and stay warm meaning this can be an expensive time of year. It may be a good idea to check out the financial wellbeing leaflet we created last year to see if there are any ways you could save money. The leaflet is available from wellbeing@loros.co.uk.

November is also a time when we can highlight **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](#)

This month is also our annual time to be thinking about our own personal development at work when we complete our PDRs. To assist this year, we are hosting a **career development** forum in LPDC Café on 21st November between 12.30 and 2.30pm. There will be information on coaching, PDRs, placements, vacancies, courses available through Unicorn as well as the education programme. You are welcome to come along to this drop in session or if you would like direct information please email either coaching@loros.co.uk or wellbeing@loros.co.uk



Finally we have some very exciting news! The LOROS elf has been summoned to organise the **Christmas door decorating competition** for another year! There were some fabulous entries last year- including the winners, the Housekeeping team- but some felt theirs should have won and would like another opportunity to take the prize.

More details will be given soon but get thinking- the competition is real and like last year, the chocolate bribes are most welcome! The shops will also be taking part but they will be creating festive window displays. I am looking for people to visit the shops to take photos so if you would like to take part please let me know.

Review of last month

Menopause awareness sessions were held by Colette Norman our menopause advocate- 27 staff members attended and Colette will also be attending the ward staff development days and shop manager meetings to ensure the support and information is reaching as many people as possible. Thanks Colette! If you have any questions on menopause please email colettenorman@loros.co.uk

Black History Month- this year's theme concentrated on the history prior to Windrush. As early as 200-300AD African remains have been discovered. A timeline of these facts is available on request.

ADHD Awareness Month- here are the real facts about ADHD that are worth knowing:

- ADHD looks different in everyone
- Having ADHD doesn't mean you can't focus
- ADHD is not just a childhood condition
- Medication is not always the answer
- Not everyone with ADHD is hyperactive.

Coming soon

Crohns and Colitis week 1st-7th December – Crohn's Disease and Colitis are long-term inflammatory bowel conditions. We will be sharing more information on this in December.

Hanukah- Jewish Festival of light that lasts for 8 days.

Hospice staff Christmas parties- details to follow via email

(All event details to be confirmed. If you would like to support these events please email 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 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 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.