



## This month

**Menopause awareness sessions** were held by Colette Norman our Menopause Advocate- we had 12 staff members and 15 managers who attended and Colette will also be attending the ward staff development days 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](mailto:colettenorman@loros.co.uk)

**Black History Month** - The theme for this year is 'Before Windrush' and there will be a display and quiz available in the social area and that I will send out. If you would like to read a little more please visit [www.ibhm-uk.org](http://www.ibhm-uk.org)

**ADHD Awareness Month October-** one of our volunteers will be coming to chat in the social area all about how her ADHD affects her and other information on how to support colleagues with ADHD.

### **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

## Review of last month



To acknowledge **International Happiness at Work Week** (18th-24th September) we shared some fun ideas for your teams as well as a fabulous motivational video from the UK Ambassador for happiness! There were also tea parties, scones, crepes for the patients and an interactive display about what brings you happiness- even the patients and visitors got involved which was lovely to

see. You may have seen the posts on social media but if not do check out the LOROS page on Facebook, Instagram or X.

## **Coming soon**

### **Upcoming dates:**

*We have some **amazing** things lined up for you towards the end of 2023! Please keep an eye out for wellbeing email updates.*

**Men's Health Month November**-Information for all of us to read on a variety of men's health issues

**Career Development Month November**- November 21st will see our first Career Development Forum in LPDC. This will be held between 12.30pm and 2.30pm so **get it in your diary now!**

**Crohns and Colitis week (1st-7th December)** – information about this lifelong condition and how to support friends and family.

All event details are 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.**

***For details on any support with your wellbeing please check out the LOROS staff wellbeing page.***