



This month



Leicester Pride happened on 2nd September for the 15th year in a row! Some of our LOROS colleagues took part and had a stand sharing information or took part in the parade. You can check out some of the photos on Pinboard or you may have seen them on social media over that weekend. A lot of fun was had! Thanks to all who attended.

Don't forget, LOROS Pride lanyards are still available from either Jackie Goss or myself (Louise Kiernan) at £1.50 each. We have standard lanyards and clinical lanyards now available 😊

To acknowledge **International Happiness at work week** 18th-24th September we will be celebrating with an email full of fun ideas to share in your teams as well as a fabulous motivational video from the UK Ambassador for Happiness! We will also have an interactive display in the social area. If you are in the Hospice during this week please come and share your thoughts.

Did you know? When you smile your brain releases tiny molecules called neuropeptides that help fight stress.

Then other neurotransmitters like dopamine, serotonin and endorphins are released too. Endorphins act as a mild pain reliever and serotonin is an anti-depressant.



Review of last month

Summer holidays- not entirely sure there was a lot of *summer* over the holidays but what we did get was very much appreciated! The transition back to school has happened and for a lot of people it can be a big upheaval. It can take anything from a few days or weeks to a few months for children to feel settled in a new year group or school. There is a lot of advice online and a lot of support groups available if you need any advice.

This [article](#) by Young Minds outlines support for Primary to Secondary transitions and [here](#) you can read about how making a worry box can help reduce anxieties from school.

If you find you need support yourself don't forget we have our Mental Health First Aiders available whenever you need them. See posters on the wellbeing noticeboards or email wellbeing@loros.co.uk and I can point you in their direction.

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!

Black History Month October- The theme for this year is 'Before Windrush' and we will be acknowledging Black British History through the ages.

ADHD Awareness Month October- We are hoping to have a talk or video from one of our volunteers all about how her ADHD affects her and other information on how to support colleagues with ADHD.

Menopause awareness sessions October- See links on Pinboard or email wellbeing@loros.co.uk

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

Career Development Month November- November 21st will see our first career development forum in the LPDC. This will be held between 12.30 and 2.30 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 to be confirmed. If you would like to support these events please email wellbeing@loros.co.uk)

New app available free



Careers | Family | Wellbeing

Great news! You now have access to the Work Life Central wellbeing app- for free! Work Life central is full of resources which support your short and long term wellbeing.

This app was designed for corporate businesses to purchase for their staff but recently they gifted access to NHS staff. As we work alongside the NHS they have also kindly agreed that all LOROS staff can sign up too! All you need to do is register using your LOROS email address and away you go! Empower yourself to improve your wellbeing, your development and your knowledge.

What's it all about?

- The app and website empower you to improve your wellbeing and knowledge.
- There are different ways to do that too- watch videos, take part in workshops, or join in live events.
- There are many topics discussed within the themes of family, careers, inclusion and wellbeing.

All you need to do to get access is follow the steps below:

1. Download the app or just use on your browser
2. [Register](#) using your LOROS email address (when it asks for organisation choose Other but then state company name as LOROS)
3. Take some time to see what interests you, sign up, sit back and learn!

Useful guides:

[Welcome to WorkLife Central](#) (2 minutes)

[WorkLife Central: Website Demo](#) (11 minutes)

[WorkLife Central Webinar Showreel](#) (3 minutes)

Any questions at all please do not hesitate to ask.

I would really love to know what you think of the app so once you have signed up please feel free to send any comments through.

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