

LOROS

Hospice Care for Leicester, Leicestershire & Rutland

Wellbeing

Improving positive culture and wellbeing



'Free to Be Me'



**SOUTH ASIAN
HERITAGE
MONTH**

18 JULY TO 17 AUGUST 2024

CELEBRATING

5

YEARS



South Asian Heritage Event

Join us for our 2024 celebration:

July 18th 4:30-7:00pm

LOROS Centre for Excellence

This year's theme is '**Free to be me**' and we will be celebrating with music, Bhangra dancing, traditional dancing, guest speakers, food and a little bit of cultural art therapy!

This is also a great opportunity to network with local community groups who promote their own health services so do book on and come and meet them!

[Sign up here](#) or email louisekiernan@loros.co.uk



Did you know? Leicester City is one of the most diverse cities in England. 43% of the city's population is of Asian heritage. ([Source](#)) LOROS is committed to serving our diverse community and to be able to celebrate one of the biggest communities allows us to make stronger connections and better understand specific cultural needs. Last year's theme was "Stories To Tell" which highlighted the journeys some people had made to come to the UK and to Leicester. The 2024 theme is 'Free to Be Me' which can encompass many aspects of ourselves including being free to be yourself at work which can boost your wellbeing. You can read a little more about that from [Mental Health First Aid England](#).

Remember,
**you are
never alone**

Samaritans are here to listen 24/7.
You can call them any time for free on

116 123

SAMARITANS

A registered charity

24th July is Samaritans Awareness Day which lets people know that they can talk to them, day or night, 24/7. Here are the ways you can contact them:

Phone: 116 123

Email: jo@samaritans.org

Letter: Freepost SAMARITANS LETTERS

Website: samaritans.org

Something to get us moving!

Let's Get Together Stroll: Abbey Park to the Pumping Station for Railway Day. Saturday 6 July at 11.30am, starting outside the cafe in Abbey Park. (Don't forget to grab a drink or snack and support LOROS while you are there!) About 30-minutes stroll each way. Allow 3 hours from start to finish, returning to Abbey Park by 2.30pm. You'll have up to 2 hours' free time at the Pumping Station (free entry!). Check out Railway Day with Meccano, the Mealbarrow Extravaganza and visit the museum, and the new electric Book Bus. Bring your own refreshments to picnic outside and enjoy relaxing in the museum grounds. There will be an optional walk extension to Ellis Meadows (you'll still have some time at Abbey Pumping Station afterwards!). This walk is free to attend but places must be booked. **For full details and to book visit Eventbrite:**

<https://www.eventbrite.co.uk/e/stroll-from-abbey-park-to-the-pumping-station-forrailwayday-tickets-925790824277>

Last Month we celebrated:

Our fabulous volunteers, of which we have many!

Thank you to all the volunteers at LOROS- you make the difference and it is very much appreciated.

Gypsy, Roma and Traveller month. You can find out more info [here](#).

Men's Health month <https://menshealthmonth.org/>

Learning Disabilities week <https://www.mencap.org.uk/learningdisabilityweek>

Windrush Day <https://www.bbc.co.uk/news/uk-43782241>

Coming in August



The Big Braunstone Picnic!

Wednesday 21st August 12-2:00pm Football pitches, Braunstone Park- everyone welcome- bring a picnic and blanket. Join in with outdoor activities and children's entertainment

Just come along or contact 0116 2795020 ella.brookfield@b-inspired.org.uk for further details.

15th August 5pm- Staff Thank you BBQ from our wonderful contacts at RRT (Rapid Relief team) who very kindly offer a free BBQ for charity events. Most recently they were present for our Volunteer thank you event which was really successful. More info coming soon but please pop this in your calendars!

Leicester Pride- 31st August. This year we would love more representation from our LOROS staff and volunteers. You can be on the stall sharing information or join in the pride march. Please contact jackymcblain@losor.co.uk for more info.



If you feel you are struggling or you know someone who needs some support, don't forget to check out the Wellbeing section on the staff webpage which you can find by scanning the QR code.