

# LOROS

Hospice Care for Leicester, Leicestershire & Rutland

# Wellbeing

Improving positive culture and wellbeing



## This Month-

June is the month we get to celebrate our fabulous volunteers, of which we have many! Volunteering can be something that is really good for your personal wellbeing. According to a [survey](#) done by the Royal Voluntary Service, people who volunteered reported lower levels of loneliness than those whom do not volunteer, with greater numbers gaining confidence socialising and improved mental health. So as well as supporting an organisation and helping others you can also be doing amazing things for yourself too! Thank you to all the volunteers at LOROS - you make the difference and it is very much appreciated.

June is also a time to raise awareness around **Gypsy, Roma and Traveller month**. This year the theme is "What does family mean to you?" There will be a display in the social area or you can find out more info [here](#).

You may also be interested to learn that June hosts **Learning Disabilities week** 17<sup>th</sup>- 23<sup>rd</sup> June and **Windrush Day** on June 22<sup>nd</sup>. You can find out more about both of these awareness days by clicking the links below:

<https://www.mencap.org.uk/learningdisabilityweek>

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

Finally, we will also be acknowledging **Men's Health month** in June and on 11<sup>th</sup> we aim to have a representative from Nuffield Health in the social area completing blood pressure checks and sharing information so please come along from 12-3pm if you are able to.

## **Last Month we celebrated:**



*Celebration Day* - a time to remember and celebrate those who are no longer with us. Louise Kiernan and Neil Spencer were in the social area on May 22<sup>nd</sup> where colleagues and visitors shared some happy memories and told us why those people we have

lost inspired them. There were some wonderful memories that were shared.

*International Nurses Day* - An opportunity to recognise our nursing staff both in the Hospice and out in the community. This year some of us put together a short video for social media thanking the nursing staff for everything they do for our patients either in the Hospice or out in the community. Thank you!



## NEWS FOR JULY

July 18<sup>th</sup>- August 17<sup>th</sup> is South Asian Heritage Month and we will be hosting our 2024 event on July 18<sup>th</sup> 4-7pm to celebrate our Leicester South Asian community. This year's theme is '**Free to be me**'

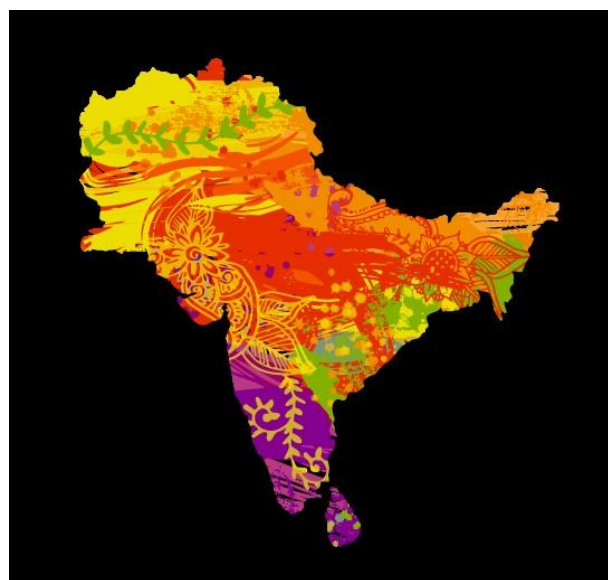
This year we will be celebrating with music, dancing food and a little bit of cultural art therapy!

If you would like to help or be part of the event please get in touch.  
Invites coming soon!

**Competition time!** Can you remember what the theme of this event was last year? There's a prize in it if you can! Answers to be back to

Louise by 31st May 5pm

[wellbeing@loros.co.uk](mailto:wellbeing@loros.co.uk)



## Coming soon

South Asian Heritage  
Month  
The Big listen

All event details to be confirmed. If you would like to support these events, please email [wellbeing@loros.co.uk](mailto:wellbeing@loros.co.uk) )



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.