

LOROS

Hospice Care for Leicester, Leicestershire & Rutland

Wellbeing

Improving positive culture and wellbeing



This month-

We are in March already! March is named after the Roman God of War, Mars, and is the start of the new Spring season where flowers bloom and new lambs are born. It might also be a time when the temperature increases slightly or we might get snow, it's always uncertain! What is certain, is that we have the following days to celebrate:

- International Women's Day
- Ramadan- followed by Eid in April (see below)
- International Happiness Day
- PDRs Activity 1

If you would like more information on any of the above please get in touch wellbeing@loros.co.uk

Ramadan is a month of fasting and abstaining from things considered to be impure for the mind and body. Those partaking in Ramadan abstain from food, drink and impure thoughts between the hours of sunrise (Fajr) and sunset, allowing them instead to focus on prayer and connecting with Allah (SWT)

The act of fasting allows the individual to understand the pain and suffering of millions around the world who live their lives in poverty and famine, leaving the participant feeling more grounded and grateful for all that Allah (SWT) has given them.

Eid ul-Fitr marks the end of Ramadan and lasts for one day. It is a celebration of Allah (SWT) giving you the strength to get through the Ramadan fast. So, how is Eid ul-Fitr celebrated? There are several parts to the day, including:

- Waking up early and greeting the family
- Performing Salah (prayers)
- Performing ghusl (ablution)
- Preparing clothes (often new attire) and getting ready for the day ahead
- Sitting down for breakfast with family and friends
- Ensuring Zakat-ul-Fitr is paid prior to Eid Salah
- Performing Eid Salah in congregation
- Greeting all fellow Muslims and exchanging Eid al-Fitr greetings
- Visiting family and friends and celebrating

To support our Muslim colleagues, we can consider things such as:

- Do they need to start meetings earlier?
- Would it work better to eat out of the office etc?

Everyone is different and has different preferences so please ask if you are unsure.



Last Month



On 13th February two of our floristry volunteers helped us to make small bouquets for Valentine's Day. We even had some of the patient's family members make some and they donated money back to LOROS too! Thanks everyone!



"It was just so lovely to all be standing there looking at and choosing beautiful flowers.

It's the first time I have given my husband a bouquet!"

Also in February, to recognise Social Justice Day, we welcomed Dr Nik Kotecha in to talk about the work he has done in this area. He gave a really inspiring talk which prompted many questions! We could have spent the day discussing this topic! If you would like to know more about Nik's work you can check out the Randal Foundation website.

Coming soon

April- Stress Awareness Month

April- Eid

April- Vaisakhi

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

