



Well-being Hub

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LOROS

Hospice Care for Leicester, Leicestershire & Rutland

Being there for *you*
and *your family*

Well-being Hub

Our LOROS well-being hub will take place on the 1st and 3rd Monday of each month between 10am-3pm. Any queries regarding these sessions, please telephone 0116 231 8490/8451.

Who can attend

Patients with a life-limiting conditions such as Cancer, Chronic Obstructive Pulmonary Disease (COPD), Motor Neurone Disease (MND), Interstitial Lung Disease (ILD), Heart Failure etc.

Carers can come with or without the person they care for. Carers will be signposted to the bereavement hubs as and when appropriate.

We aren't able to provide care for these sessions so we ask that patients and carers are able to look after themselves because the sessions have no medical or nursing provision. You will also need to be able to provide your own transport.

Aims of the service/sessions

To empower patients and carers with the knowledge and confidence to feel supported living with an illness, and able to make the most of life.



At the well-being hub you will be able to have a chat, hear tips and share your experience with other patients and carers and engage in a variety of activities.



Activities that may be available:

- Creative therapy
- Hairdressing and barber (limited availability)
- Beauty & nails (limited availability)
- Complementary therapy (limited availability)
- Arts and crafts
- Programme of 'wellbeing' sessions to include yoga, mindfulness, relaxation and exercise to music

Cafe @ LOROS

Light snacks and sandwiches are available for you to purchase from the Cafe based in Day Therapy.

We are opening an information lounge where patients and carers can access information about services available in Leicestershire.

Smoking

LOROS operates a no smoking policy.

Hospice shop

There is a small shop at the Hospice that stocks a variety of goods including toiletries, confectionary, drinks, greeting cards and gifts.

How to Access our Service

There is no appointment necessary to attend this service, no referral is required. This is entirely your day and you can visit between 10am and 3pm for all or part of the day.

This leaflet is updated regularly. For the most up to date information please visit [loros.co.uk/care](https://www.loros.co.uk/care)

In case of comments or complaints, please contact:

Chief Executive, or Director of Patient Services and Clinical Quality, LOROS, Groby Road, Leicester LE3 9QE

or, Care Quality Commission, East Midlands Office, Citygate, Gallowgate, Newcastle Upon Tyne NE1 4PA

Alternative languages:

LOROS Hospice is dedicated to ensuring equality and diversity is at the core of all our activities.

If you need this information in your own language, please contact the PA to our Patient Experience Lead on 0116 231 8435

જો તમને આ માહિતીની અન્ય ભાષા અથવા સ્વરૂપમાં આવશ્યકતા હોય તો કૃપા કરી ટેલીફોન નંબર 0116 231 8435 પર Patient Experience Lead PA (પેશન્ટ એક્સ્પેરિયન્સ લીડ પીએ) નો સંપર્ક કરો

Jeżeli chcieliby Państwo otrzymać niniejsze informacje w tłumaczeniu na język obcy lub w innym formacie, prosimy skontaktować się z PA Zespołu Patient Experience pod numerem telefonu 0116 231 8435.

ਜੇਕਰ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਨੂੰ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਪ੍ਰਾਰੂਪ ਵਿੱਚ ਪ੍ਰਾਪਤ ਕਰਨਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਰੋਗੀ ਅਨੁਭਵ ਪ੍ਰਤੀਨਿਧੀ PA ਨਾਲ 0116 231 8435 ਟੈਲੀਫੋਨ ਨੰਬਰ ਤੇ ਸੰਪਰਕ ਕਰੋ।

Haddii aad ku dooneyso macluumaadkan luqad kale ama habeyn kale fadlan la soo xiriiir Hogaan Bukaanka Waayo-aragga PA taleefoon nambarka 0116 231 8435

আপনি অন্য কোনো ভাষা বা ফরম্যাটে এই তথ্য পেতে চাইলে অনুগ্রহ করে 0116 231 8435 টেলিফোন নম্বরে প্যাসেন্ট এক্সপেরিয়েন্স লিড পিএ-তে যোগাযোগ করুন

اگر آپ کو یہ معلومات کسی اور زبان یا فارمیٹ میں درکار ہوں تو برائے مہربانی پیشنٹ ایکسپیرینس لیڈ کے PA سے اس فون نمبر پر بات کریں 0116 231 8435

LOROS Groby Road, Leicester LE3 9QE

☎ (0116) 231 3771

✉ info@loros.co.uk

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