

# LOROS

Hospice Care for Leicester, Leicestershire & Rutland

# Wellbeing

Improving positive culture and wellbeing



## This month-

April already! Time may be flying by but the important thing is to make the most of it and try to fill it with the things that bring you joy. For me that definitely includes doing my job but also balancing the other things in my life too. At times, it can feel quite stressful but there are some great tips around to help reduce that. In fact, April is **Stress Awareness Month** and we will shortly be delivering a new stress toolkit which has been compiled by myself, Anthony our Health & Safety Lead and Mani from our Complementary Therapy team. So please watch out for that. If you are in the Hospice on **25<sup>th</sup> April** do come to the social area to find out more! In the meantime here are a couple of ideas for you to use in daily life:

*Check out breathing techniques- they can reset your nervous system reducing the feeling of stress.*

*Go outside or look outside- nature is amazing!*

*Connect with others- human connection can make such a difference.*

**Vaisakhi and Eid** also fall in April and you can find more information about these below:

**Vaisakhi-** a spring festival which happens on the 13 or 14 April every year. It is a day to celebrate the year 1699 - the year when Sikhism was born as a collective faith.

In 1699, Guru Gobind Singh chose the festival as the moment to establish the Khalsa - that's the collective name given to Sikhs who've been baptised.

The story goes that at the festival, he came out of a tent carrying a sword and said that any Sikh prepared to give his life for his faith should come into the tent.

**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.

[credit-muslimhands.org.uk](http://credit-muslimhands.org.uk)



### **World Autism Awareness Day – 2<sup>nd</sup> April 2024**

Every year on 2<sup>nd</sup> April, Autism Awareness Day is marked globally.

It is a time to think about and raise awareness for the rights of people with autism.

The theme “colour” is being used to commemorate World Autism Awareness Day this year. The vibrant theme seeks to challenge stereotypes of individuals with autism leading constricted lives which lack energy or excitement.

If you would like more information on any of the above please get in touch [wellbeing@loros.co.uk](mailto:wellbeing@loros.co.uk)

### **Last Month we celebrated:**

- International Women’s Day
- Ramadan- followed by Eid in April (see below)

**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.

### **Coming soon**

*May- Celebration Day- a time to remember and celebrate those who are no longer with us*

*May- International Nurses Day*

(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 on the right.

