

LOROS

Hospice Care for Leicester, Leicestershire & Rutland

Wellbeing

Improving positive culture and wellbeing



This month

Welcome to 2024!

To start us off in a wonderful way on 15th January we will have Sharon Smith coming in with tea, coffee, cakes and biscuits to share 'Brew Monday' with us! Sharon works for the Samaritans and Brew Monday was set up to counter what is supposed to be 'Blue Monday', the lowest day of January after the Christmas excitement. We invite you all to pop along, say hello and perhaps start a conversation with a colleague you've not chatted to before or someone you have been meaning to catch up with. If you can't make it then you can make your own Brew Monday any time you like. It's all about connecting and making sure those we know, or don't know so well, are OK. We hope to see you there.

Also this month we will be finalising our **wellbeing, diversity and faith days calender**- if you have any suggestions please let me know ASAP so we can look into them.

Review of last month



Well! Didn't the **Christmas door and shop window decorating competition** bring out the competitive side of some people! I am not entirely sure if those who didn't win were joking when they said their Christmas was ruined or not! Last year the doors were amazing- this year the effort was pushed further and they were outstanding! Graham absolutely loved looking at them all but he was not so keen on picking a winner! He did however finally choose the Catering team's door which included our very own Grinch- Harvey! I am sorry we couldn't give you all a prize but I would like to say thanks to you all for making *me* feel more festive because usually it's ME who is the Grinch!

Huge well done also to **Coalville shop** too who won the best dressed window! Graham said it was really beautiful and filled all the available space making it look really cosy and christmassy!

Thanks for all your efforts ☺



Coming soon

Our new calendar of events is currently under construction for 2024 so there is still time to get your ideas in. If there is a wellbeing awareness day, a diversity celebration or a faith day that you would like to tell our colleagues more about, please get in touch ASAP.

All event details to be confirmed. If you would like to support with these events please email wellbeing@loros.co.uk

NEW Information!

You can now be a Wellbeing Champion in your department!

We would love you to join the Wellbeing Team, ensuring that wellbeing gets talked about within your team and allows direct feedback on what matters to you. If you are interested, chat to your Line Manager and then email wellbeing@loros.co.uk when we can then arrange to meet.

We also have an **ideas generator form** that you can complete if there is a topic related to wellbeing, equality, diversity or inclusion that you think we should all know about.

Forms are available to print or please email wellbeing@loros.co.uk and we can get one sent to you.

Wellbeing is for everyone, it's different for each of us and if you have ideas on that we would love to hear them.

For details of any support relating to your wellbeing please check out the LOROS [staff wellbeing page](#)



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