



# Wellbeing drop-in service in day therapy

[loros.co.uk](http://loros.co.uk)

**LOROS**

Hospice Care for Leicester, Leicestershire & Rutland

Being there for *you*  
and *your family*

# Wellbeing drop-in service in day therapy

**Our creative wellbeing 'drop-in' sessions take place weekly on Tuesdays, 10am to 4pm at LOROS. Any queries regarding these weekly sessions, please telephone 0116 2318490.**

## **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 are also very welcome!**

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

### **Food**

Light snacks and sandwiches are available for you to purchase from our snack bar located in our social area.

**Refreshments:** Tea/Coffee is provided during the session.

### **Smoking**

The LOROS drop-in services operate 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 and no referral is required. This is entirely a 'drop-in' day, any time between 10am – 4pm, 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](http://loros.co.uk/care)

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

### In case of comments or complaints, please contact:

Chief Executive, or Director of Care Services  
LOROS, Groby Road, Leicester LE3 9QE

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

### Alternative language copies available

Please contact the Patient Experience Lead PA 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 એક્સ્પેરીયન્સ લીડ પીએ) નો સંપર્ક કરો

Jeżeli chcieliby Państwo otrzytać 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 xiriir 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 سے اس فون نمبر پر بات کریں 0116 231 8435 PA

**LOROS** Groby Road, Leicester LE3 9QE

☎ (0116) 231 3771

✉ [info@loros.co.uk](mailto:info@loros.co.uk)

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