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1st - 31st MAY

MAKE MAY THE MONTH

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I always try to “keep my finger on the pulse” in terms of what staff, volunteers, supporters, commissioners of our services and others are saying, thinking and feeling about LOROS.

With over 300 paid staff, 900 regular volunteers and thousands of supporters based at the Hospice, at our 24 shops and across our community of Leicester, Leicestershire and Rutland, this isn’t easy! Spending a day with one of our van drivers sorting, loading and delivering hundreds of bags of donations helped me to appreciate the practical challenges of running our shops and the amazing generosity of people donating their unwanted items to us.

Collecting money on the gate at the Mallory Park fireworks event on a cold damp evening in November also helped to keep me “grounded” and thankful for the commitment of our staff and volunteers who run fundraising events, as did a few hours bag packing in M&S just before Christmas!

There is I feel an exceptionally strong culture at LOROS of striving to provide the best possible, and genuinely compassionate, care for our patients and support for their families and carers. In order to continue to raise enough money to fund that care, especially in this period of financial austerity, we must engage with our whole community in an even more clear and compelling way.

We need to convey who we are, what we are doing, how we have spent (wisely) the money which has so generously been entrusted to us and how and why people should continue to support our charity, despite us all “feeling the pinch”. I hope that this Newsletter gives readers a real “flavour” of LOROS.

Thank you all very sincerely – we couldn’t do it without you.

Mandy Motley joined LOROS in January 2013 as Director of Education & Training, reporting to the Chief Executive.

In this role, she will build on and deliver LOROS’ strategy to improve the quality of palliative care through education and training of health and social care professionals. She will also provide leadership and management of the education, professional development and mandatory training needs of LOROS staff and volunteers.

Mandy has a Certificate in Education from Oxford Brookes University and a Masters (with distinction) Degree in Educational Management from Warwick University. She is also a Fellow of the Institute for Learning.

She has, at various times, been Lead Tutor, Curriculum Director, Professional Development Manager and Human Resources Director at the North Warwickshire and Hinckley College, based in Nuneaton. For the last four years she has worked for Nord Anglia Education as the Excellence & Improvement Manager with strategic leadership for a national coaching programme and, latterly, as the National Programme Manager, responsible for a leadership development scheme. On a personal level, she has first-hand experience of the value of effective end of life care.
JO KAVANAGH
Director of Care Services

2012 was a busy year for care services at LOROS. One of the biggest areas of development has been the transformation of Day Therapy services. Although this has resulted in the closure of Manor Croft in early January 2013, the new service, which is currently being piloted for two days a week at the Hospice site and one day a week in Loughborough, is set to provide more choice for patients and their families.

It is planned that it will also reach a greater number of people across Leicester, Leicestershire and Rutland, who will be able to benefit from the services we provide.

The closure of Manor Croft was marked with a special party attended by current staff and volunteers representing those that have provided such a fantastic service over the past 28 years. Many of the staff and volunteers will continue to provide this wonderful care and support to patients and families within the new Day Therapy service, led by the newly appointed Day Therapy Manager, David Hames, who replaces Jenny Walsh following her retirement in January.

Between the main Hospice site and Manor Croft, LOROS experienced four unannounced CQC inspections in 2012. Reassuringly, all areas reviewed were found to be fully compliant and we received some lovely feedback from patients and carers regarding the services we provide.

The full reports can be found on the LOROS website.

We are looking forward to an exciting year and have a number of developments planned for 2013, to help make our services even better for patients and families in the years ahead. Thank you, as ever, for your continued support, which makes a real difference to the care we deliver across all service areas within the Hospice.

INTRODUCING JANE PICKARD

My name is Jane Pickard and, in October 2012, I started my role as Head of In-Patient Services at LOROS. I am responsible for the In-Patient Ward, the Enablement team, the Counselling team, the Chaplaincy service and the Family Support team.

As a registered nurse I have always been passionate about making a difference to patients and their families and ensuring care is delivered with compassion and to the highest standard. I have been privileged to care for many patients and their families with palliative care needs during my career as well as manage palliative care services.

My first few months have been very exciting and I feel extremely enthused to support the future developments of palliative care services to meet the needs of the local community. I have been overwhelmed by the welcome I have received from all departments in the Hospice and already feel part of the LOROS team.

DIGNITY THERAPY
By Dr Luke Feathers, Lead Consultant

We have been experimenting recently with something called ‘Dignity Therapy’, having been inspired by its inventor, Professor Harvey Chochinov, at the Palliative Care Congress. Dignity is hard to define but Professor Chochinov has researched what it means for different people when they are dying. The most memorable definition for me has been; “Dignity relates to how I think or feel others see me.”

It has sometimes been very difficult to know how to help when people have felt they have little dignity left, whether caused by their illness, family issues or something else. Dignity Therapy is “a recounting of thoughts, ideas and events that are particularly relevant and meaningful for patients to recount and pass along to others. For most patients, it is an opportunity to share the moments that shaped their lives.”

We have offered this to five patients so far, who all agreed to take part. Someone who has received training records an interview with the patient, using a series of questions, including: “Tell me a little about your life history, particularly the parts that you either remember most, or think are the most important,” “Are there specific things that you would want your family to know about you?” and “Are there particular things you would want them to remember? Are there particular things that you feel still need to be said to your loved ones, or things that you would want to take the time to say once again? Are there words or perhaps even instructions you would like to offer your family to help prepare them for the future?”

The interview is then written down from the recording, edited, and presented back to the patient for final corrections. We discuss who they want the document to go to – often family members or other loved ones. The feedback we’ve had so far has been that, although it can be emotionally exhausting to be interviewed, people are very glad to have done it and have a permanent record to pass on.

We are looking at how to offer this to more patients in the future. For more information please see www.dignityincare.ca/en.
REFLECTING ON THE LAST 25 YEARS

By Andrew Stant, LOROS Vice-Chairman & Honorary Treasurer

Little did I expect when I first joined the Board of Trustees in 1987 that I would now be reflecting on 25 years as a Trustee.

The following year I took on the role of Honorary Treasurer and how things have changed; from handwritten accounting records to the sophisticated computerised accounts system we have today.

Trustees’ meetings were often in excess of three hours long and I still remember a lively and lengthy debate over whether we could afford a new vacuum cleaner. We still have lively debates but with bigger numbers! In terms of scale, in 1987 the annual expenditure budget was £800,000, contrasting with the figure now of £8 million and my main role is overseeing the Charity finances in conjunction with the Chief Executive.

I have witnessed many developments over the years from the appointment of the first Chief Executive; the development of a chain of LOROS shops, the LOROS Lottery and, in particular, the completion of many exciting capital improvement projects at the Hospice, although the funding requirements have often caused me a few sleepless nights!

I am constantly inspired by the dedication of the staff and volunteers and amazed by the generous financial support of the people of Leicester, Leicestershire and Rutland.

I am truly grateful for the friendship and support of my fellow Trustees and I feel privileged to have played a small part in the success of this wonderful charity.

The Broadening Horizons project began two years ago, raising awareness of the services and choices available for patients with incurable disease and at the end of life, especially amongst those patients belonging to the black, minority and ethnic communities in Leicester.

Several wonderful volunteers from within differing communities have received training and attend health events, give talks and work hard to promote the message that the palliative care services are here for everyone.

Between them the volunteers speak seven languages, including the most frequently-used South Asian languages here in Leicester. The Broadening Horizons project is embarking on partnership working with Macmillan Cancer Support, and short-term work with Kidney Research.

Volunteers are available to talk to groups, clubs, schools – in fact, to anybody who would like to hear about the work of the Hospice and the services which support patients and families when someone has received a diagnosis of a life-shortening illness. Knowing what is available and where to turn can really help at such a difficult and stressful time.

Please contact Sheila Markham if you would like to hear from Broadening Horizons on 0116 231 3771 / sheilamarkham@loros.co.uk

TREE OF MEMORIES

A recent addition to the Chapel/Prayer room at LOROS has been a beautifully crafted ‘Tree of Memories’ — made by local sculptor Liam Hadjipetrou.

The tree was commissioned by Chaplains Rev Helen Newman and Rev Andrew Martin who recognised the needs of bereaved families to remember their loved ones. Leaves are available for personal messages to be written on and then hung on the tree. The tree was first used at the services of Thanksgiving and Remembrance in October and the bare branches were soon adorned with leaves and have remained so since. The leaves remain for about a month and are then recycled to make space for more.

The tree has been very well received by those who have used it and it’s been lovely to see children, as well as adults, using it in a way helpful to them. The money for the tree was raised by Rev Andrew Martin who undertook a sponsored cycle ride and covered 800 miles in a month by cycling to work!
REMEMBERING AMBER

By Michael and Lorimer Baxter

Amber Baxter (33), our daughter, was in LOROS twice. We don’t know where we, her husband David, and her sisters Lori and Heather, would have been without LOROS.

Amber was an incredibly caring, loving and sociable person. She worked as an Occupational Therapist before she was diagnosed and loved painting, camping, walking and spending her time with family, friends and her church. In the weeks before she passed away, the medical care, help and support of the LOROS doctors and nurses enabled Amber to continue to live her life, and also to attend her youngest sister’s wedding.

We were all able to spend special times with Amber in the homely atmosphere of LOROS. Her favourite areas were the day room, the ‘wild meadow’ and the aviary, which she loved. Another special place for Amber was the Chapel, and the valued support of the Chaplains, spiritually meant so very much.

Amber’s days were also brightened and encouraged by the visits of the Catering Team, and especially the Physiotherapists and Massage Therapists whose times with Amber meant such a lot to her.

The medical and physical care, counselling, spiritual and emotional support, gave us time to treasure those precious days together.

EDUCATION TEAM CELEBRATE AWARD-WINNING BOOK

Dr Christina Faull, Consultant in Palliative Medicine and Medical Lead for Education and Research, and Sharon de Caestecker, former Director of Education and Training, are celebrating the third edition of the Handbook of Palliative Care, which was published in December by Wiley-Blackwell. Christina and Sharon are co-editors of the book.

The book provides comprehensive information and guidance, covering a wide range of advanced illnesses, including cancer, heart disease and HIV and its first edition won the prestigious British Medical Association Medical Book of the Year Award in 1999.

Dr Faull said, “I hope that the book is easy to read and helps doctors, nurses and even families and patients to be more confident about making life as good as possible in advanced illness.”

Sharon de Caestecker added, “Putting into writing our classroom based teaching, about how patients and families want us to communicate with them, was challenging; but I hope that we’ve produced a book that will support healthcare professionals in providing quality care.”

In his foreword, Leicestershire GP, Dr Mayur Lakhani, writes; “We only get one chance to get it right for people living in the late stages of incurable illness and those that are dying. I believe the Handbook of Palliative Care will undoubtedly contribute to achieving this vision by providing evidence based knowledge.”

NEW DAY THERAPY SERVICE

The new LOROS Day Therapy Service pilot started on 16th January at the Hospice, despite the snow, and at Loughborough Hospital on 18th January. The new service offers patients multi-disciplinary care from a team including Nurses, Doctors, Physiotherapists, Occupational Therapists, Complementary Therapists, Chaplains, a Creative Therapy Facilitator and Volunteers.

Following an assessment by a Day Therapy Nurse, patients can attend for the whole day or for individual or group sessions. Patients usually attend for a period of 12 weeks and are regularly assessed by the team. Initial reactions to the new service have been very positive.
PAULINE AND DRIZZLE CAKE
By David Siveter

At the end of her life, and even though suffering hugely in her struggle against cancer, Pauline was as positive, loving, generous and supportive as she had been throughout her lifetime. This was Pauline’s wonderfully warm character shining through, as ever, but it was also in no small measure due to the special care and environment that she and our family discovered at LOROS.

Pauline had served as a School Secretary in a primary school. She was much liked and respected within her community and far beyond. After several years remission her illness resurfaced in February 2011 and she died that year on 9th October. During the last eight weeks of her life she was at first an in-patient at Leicester Royal Infirmary and there, when all efforts to combat the disease had failed, she had expressed a wish to return to her beloved home and garden.

That view changed almost immediately on being transferred to LOROS and she decided that she would spend her last days there, feeling it was indeed a very special place. Courteous to the last, she felt fortunate to be in such peaceful surroundings and under the care of such dedicated staff. Being at LOROS certainly helped to give her the extraordinary inner strength, courage and dignity that she displayed to the end.

She was an accomplished cook, and we will not forget the sight of her savouring a final mouthful of food, her favourite lemon drizzle cake, which the nurses had so resourcefully conjured up for her. As a passionate gardener herself, we also remember with pleasure the enjoyment and smile she had when she was out and about, in the flower-decked corridors and the sunlit gardens at LOROS. It was there, just a short time before she died, that a poignant family photograph (pictured, above) was captured, for which she had insisted that Dad sit on a chair – and, as she said, “It must be a wheelchair, just like mine!”

Myself and Robert and Anna, son and daughter, together with other members of our family, enormously appreciated the professional skill and efforts of the medical, nursing and support staff at LOROS. In the four weeks that Pauline was under their care her medical and other needs were treated with such consideration. We were so much comforted by the fact that she was cared for compassionately and Pauline and our family were able to enjoy the best quality of what remained of her life.

LOROS is a remarkable haven for both patient and family at a time of emotional turmoil and special needs. We are forever grateful to all the staff.

PATIENT / CARER PARTICIPATION GROUP

We are looking for more patients and carers who have had experience of LOROS services to join our group. The group meets four times a year at LOROS for two hours. Your views and experiences of our services will positively help to influence the care we provide. It will also give you a voice and an opportunity to tell us what has worked well and not so well.

Other areas to contribute to without joining the group include a Readers’ Panel, which reviews the new and revised LOROS information leaflet, Patient & Carer Forums and patient stories for those willing to share their experiences of the care and services LOROS provides.

DEVELOPMENT OF PALLIATIVE CARE RESEARCH

The involvement of patients and carers at all stages of the research process, from the generation of important research questions to the dissemination of findings, is of paramount importance to making the biggest difference to care.

As the 10th largest independent Hospice in the UK, LOROS has recently increased its commitment to contributing to research into end-of-life care and needs to develop effective ways of doing this with patients and carers.

EDUCATION EVENTS

If you have been a carer for someone and feel you could talk about your experience in education sessions with trainee doctors and nurses, then our education department would welcome your input.

For more information please contact Veronica Mickleburgh – Patient Experience Lead on 0116 2313 771 / veronicamickleburgh@loros.co.uk
CARE ABOUT CANCER
By Jyotsna (Jill)

The idea of organising a Care About Cancer conference came to me when I lost my aunt Asha to Cancer in January 2012. Although Asha was my aunt, we were more like sisters and my husband and I decided to take care of her and welcomed her and her family into our home. She was a brave woman and fought hard against this ugly disease for 15 months.

This idea became stronger when, soon after Asha’s death, my brother Ajay was diagnosed with Metastatic Renal Cancer. Ajay sadly died three months later in April 2012. He was only 49 and had a young family.

LOROS, Macmillan, Hospice at Home and various other cancer charities had helped me and my family to come through this very difficult time. There is a lot of stigma attached to cancer within the Asian community so I took it upon myself to organise a cancer event to raise awareness and funds for all of the organisations that had helped and supported me and my family.

The Care About Cancer conference was held on 15th September 2012 at the ‘Lohana Centre’ on Hilyard Road, Leicester. Dr Angela Lennox, Dr Julian Barwell, Professor Mayur Lakhani and Arlene Neville talked about early detection, dispelling myths and cancer and genetics. Actors from the ‘Big Difference’ acted out a comedy sketch to endorse the importance of early detection.

The evening concluded with a tribute paid to the late Bollywood Star ‘Rajesh Khanna’ by Nichelle and Jas of ‘Asian Entertainments’. We raised £5,000 for all of the cancer charities at the conference.

YVONNE’S STORY

Grandmother Yvonne Lear was taken into LOROS not long after she found out she had cancer. The disease had spread through her body and it was too late for treatment by the time she was diagnosed.

The 73-year-old spent just over a week at LOROS before she died in September 2011. It was only a short time, but it was enough, says her husband, Clifford, to realise the great work that goes on at the Hospice.

While Yvonne was cared for on one of the Hospice’s wards, Clifford was given his own room so he could be at the Hospice with his wife day and night.

Clifford, 85, said staff and volunteers at the Hospice were there for him as well as his wife.

“It’s not a nice thing, when you know someone is going into LOROS. It was a very hard time but they made it a lot better. As far as I’m concerned, everyone there was brilliant. Whatever we wanted doing, they would do it.

“Considering Yvonne’s illness, LOROS was the best thing that could have happened to her. I am very grateful for everything they did. They were brilliant to both me and to Yvonne. LOROS does a very good job. They were very, very good to me and my wife and I won’t forget that.”

WILL WRITING MAKE MAY THE MONTH

If you have not yet written your Will, or indeed wish to change your Will, then please contact the LOROS Fundraising Team who will provide you with a list of Will Writers who are participating in the campaign.

This is a free Will Writing service for LOROS during the month of May 2013. LOROS relies on fundraising and gifts in Wills to provide vital services for local people affected by an incurable illness.

Please contact 0116 231 8431.

STAMPS AND COLLECTOR’S ITEMS STILL NEEDED

Graham Hunt, who in 2012 again raised in excess of £10,000 in the space of a year from the sale of postage stamps, collections, postcards and foreign coins, is on the lookout for even more donations.

If anyone has old stamps, coins or other collections they would like to donate for the benefit of LOROS, please contact Graham.

They can be handed in at any LOROS shop or sent to Graham Hunt of 25 Jubilee Road, Newbold Verdon, Leicester, LE9 9LL. Graham can also be contacted on 01455 822 774.
WALK FOR PEACE FOR PAUL
By Alison Hadley, supported by Janet Pearce.

Paul Pearce was 58 when he passed away on 10th October 2012. He had been married to Janet for 25 years and was a truly inspirational man. This is his story...

Paul was a self-employed mechanic who owned the GP Motors garage on Hastings Road in Leicester. He was diagnosed with bowel cancer in September 2010. Never once did Paul become negative or pessimistic. His ethos was one of absolute positivity and he began his treatment with great courage and empathy towards others at the hospital who were, in his view, far worse than him.

Paul began his first course of chemotherapy on 24th November 2010 and this was followed by an operation. Such was Paul’s spirit, resilience and bravery, he continued to work at the garage, driving himself to hospital for treatment and back to complete his working day.

His friends and family were devastated that he and his wife Janet were going through such a tough time. Paul was adamant that he didn’t want anyone to be sad and down around him. He was prepared for every eventuality and firmly believed that he could win this fight.

On 26th April 2011 he underwent an operation to remove the tumour and whilst he was pretty poorly, he remained optimistic and always smiled through his pain. During his recovery from this huge operation Paul and Janet visited my mum, Dorothy Russell, who had undergone an operation on her eye. Because Dorothy had to keep her head down for 24 hours a day, Paul and Janet visited Dorothy and her husband, Brian, every day. Janet read to Dorothy and Paul chatted and entertained them and their visitors.

On 18th May an MRI on Paul’s liver revealed that the cancer had spread and he would need another operation. Paul was in a considerable amount of pain and yet, still, he smiled and laughed and remained positive. After his recovery, and still in some pain, he went back to work. His second liver operation took place on 2nd February 2012 and, after much suffering, immense pain and worry, he was very optimistic that his battle was won.

On Easter Sunday, as a thank you to his friends at Abbots Road United Reformed Church for their love and prayer, Paul bought everyone an Easter Egg. He didn’t want the congregation to know they were from him as he didn’t want the fuss or attention.

In June 2012 Paul was told that his liver was clear. To celebrate, he and Janet went to Devon. On their return Paul was experiencing lots of pain and went to see his doctor. Two weeks later he had a bone scan and on 2nd July, his 58th Birthday, he was diagnosed with terminal bone cancer.

In August my husband and I decided to ask Paul if we could do a sponsored walk to raise money for a charity of his choosing. He chose LOROS as they had given him so much help and support since his terminal diagnosis and a LOROS nurse, Kirsty Wiltshire, visited him every day.

We named the event ‘Walk for Peace for Paul’ and planned it for 21st October. We set a target for £750 as Paul really wanted to buy a chair for LOROS. His chair was where he was the most comfortable. By the end of the week we had £500 pledged.

We constantly saw Paul to update him on our progress. The garage had sponsor forms and a LOROS bucket full of greasy coppers! The walk and money pledged grew amazingly quickly and we soon had enough for two chairs. Paul was overwhelmed at the response.

Sadly, at the beginning of October, Paul’s health deteriorated very quickly. He was admitted to hospital with pneumonia and wasn’t able to be at the walk in his wheelchair as he had hoped. So, after the walk, we congregated outside his bedroom window to say ‘We did it!’

On 10th October Paul passed away at home with Janet by his side. Later that month, on 21st October, my Paul and I went to Watermead Country Park to begin our Walk for Peace for Paul. We were expecting around 20 people but at 1.45pm, 55 people walked for Peace for Paul. At the halfway stage at Abbey Park Café, Janet and friends were there to greet us. During the walk we released 40 blue balloons for Paul and afterwards we realised that we had raised over £4,000!

On Tuesday 20th November Janet, my Paul and I presented a cheque to LOROS for £5,600. After a chat with Adrian Walker and Dr Luke Feathers at LOROS, we chose to buy two recliner chairs and a portable ultrasound scanner.

What an incredible legacy Paul has left. On 20th October 2013 we shall again ‘Walk for Peace’ for Paul in memory and in celebration of an amazing and inspirational man.

Anybody interested in taking part in this year’s walk, please contact Fundraising on 0116 231 8431.
LONG WALK DOWN ENDS AT TABLE MOUNTAIN

Mike Howitt recently completed a 10,642 mile overland journey from LOROS to Table Mountain in Cape Town, South Africa. Mike’s wife of 55 years, Diana, spent her last days and hours at LOROS and Mike, as a consequence, has an ongoing and deep appreciation of all that was done for her at that time.

Although he has been to South Africa many times, Mike has always travelled by air so this was certainly a big challenge - particularly bearing in mind his age, previous heart attack and the removal of the disc in his spine.

Mike’s journey included 23 countries and the crossing of the English Channel and the Mediterranean. He hitchhiked from Leicester across Europe to Asia. The longest distance covered in one day was the 500 miles from Graz in Austria to Belgrade in Serbia.

He travelled on an Egyptian sleeper train alongside the Nile to Aswan, followed by a night and day voyage along the length of Lake Nasser to Wadi Halfa where he slept in the open air. Goods lorries, buses and even a motor cycle were used, adding up to 20 forms of transport.

The highlights of the trip were seeing the Treasury at the end of the Siq in Petra, the Pyramids at Giza, Victoria Falls and finally arriving at Table Mountain. The adventure was fully covered by the media, including ITV’s Daybreak, Central News, the Leicester Mercury and several national newspapers.

Sponsorship is still on-going and currently stands at over £7,000.

Congratulations and sincere thanks to Mike.

WYGGESTON’S HOSPITAL DO IT AGAIN

Wyggeston’s Hospital, which is celebrating its 500th year this year, held their annual cheese and wine evening on Wednesday 16th January, raising £372 for LOROS. This was one of many functions held by the Hospital over the year.

PACKING IT IN FOR LOROS

A huge thank you to everyone involved with Bag Packing during December 2012. The supermarkets; Marks and Spencer plc at Fosse Park and Thurston, Morrisons at Freemans Common and Tesco, Narborough Road for kindly giving LOROS volunteers the opportunity to pack their customers’ bags.

Thanks to the LOROS volunteers, along with members of staff from Aggregate Industries, Barclays Bank plc and the Royal Bank of Scotland for the many hours of work packing customers bags and to the customers who donated so willingly and generously to make this year’s fantastic total of £17,000.

For more information regarding bag packing, please contact Bernadette Fenn in the LOROS Fundraising office on 0116 231 0431/2.

CALENDAR GIRLS CHARITY NIGHT FOR LOROS

On 6th September 2012, Calendar Girls premiered at the Little Theatre in Leicester. The Thursday night charity performance had an added poignancy for the cast as they remembered Judy Price, a director and actress at the theatre for a very long time, who died at LOROS.

All proceeds from the Charity performance, the sale of £3 souvenir calendars and other products sold on the night, were donated to LOROS and the total amount raised was £794. Thank you for your support.

LOROS WINTER QUIZ

The Winter Quiz, set by Jenny Burton (pictured), had a total of 146 fully correctly answered quiz sheets returned on the ‘Shop’ theme. The winner, Judith Bevis of Newbold Verdon, won £50. The two runners up, who won £25 each, were Mrs P Summers of Botcheston and Kathryn Byrne of Ratby. Mrs Summers very kindly donated her winnings back to LOROS.

Watch this space! - We are hoping to have a further quiz sheet available soon. Thank you to everyone who took part.
Support from our local Schools, Colleges and Universities is very important to us. If you would like to fundraise for LOROS, we can help with ideas and supply information, posters and support.

Our Fundraisers are also happy to visit schools, both primary and secondary, and Universities to give talks about the work of LOROS. Many local Schools, Colleges and Universities take part in some form of fundraising. Every contribution makes a huge difference to us as we try to cover the cost of continuing our services.

Pupils and students have become involved because we have cared for a teacher, parent or grandparent. All participating schools and colleges have supported us because they recognise the value of our work to the local community.

We are immensely proud of the support we receive from you all and we are constantly looking to extend the numbers we work with.

As well as visiting Schools, Colleges and Universities we are happy to arrange for children and students to visit the Hospice at any time and can tailor our talks to any age groups.

There are lots of ways for schools and colleges to support LOROS, including selling LOROS Cuddlies, which only cost £1 and are available at Easter and Christmas, running an event or series of events to benefit the Hospice; and having LOROS information at your events.

If you would like further details please contact the Fundraising Department on 0116 231 8431 or email LOROS Fundraising.

PUPIL’S LOVING TRIBUTE TO POPULAR CARETAKER

Staff and children at Taylor Road Primary School in Leicester have donated £200 to LOROS in memory of their former caretaker, Gerry Martin, who died less than three years after retiring, having worked at the school for two decades.

Gerry contracted cancer of the oesophagus in February last year and died in July, and school teachers and governors decided to raise cash for LOROS, where he was looked after.

Gerry’s widow Sheila, daughter Tracy Toon and three-month-old grandson Ryley were invited back to the school to hand over the money in his memory. They attended the harvest festival assembly, which provided a fitting occasion because Mr Martin “loved his allotment.”

Sheila talked about the visit, “It was lovely. It was a bit emotional as well. There were pictures of Gerry everywhere, including on a large screen behind us.

“There are 700 children in that school and they were coming up to say hello to me. It’s more like a family, a lot of the teachers phone me up and one comes to see me.”

Article courtesy of the Leicester Mercury

ST MARTIN’S FUNDRAISER

St Martin’s Catholic Voluntary Academy in Stoke Golding supports many charities. The Student Council and the M20 team raised money for LOROS in 2012 by holding a hot chocolate and cake morning in the main hall.

St Martin’s also held a non-uniform day in December last year. In January 2013, St Martins welcomed LOROS staff to receive a cheque for £200.

St Martins are keen to work alongside LOROS again and are appealing to the local community for unwanted Christmas and birthday presents to donate to the LOROS shops.

CAKE SALE FOR LOROS

One Saturday in September four Year Six girls from Cosby Primary School held a cake sale in aid of LOROS. Emily Baker, Lily Francis, Betty Giannini and Georgia Parris planned, baked, advertised and sold cakes in the village. They sold out of cakes in three hours and managed to raise £132. They are now planning more fundraising events for LOROS.

HOSPICE CARE WEEK DVD

Dean The Art Wizard helped LOROS create an amazing animation to celebrate LOROS in Hospice Care Week.

Dean has worked closely with schools, charities, communities, festivals, councils and alongside businesses who work within the community. Dean’s work is very inspirational as it allows all ages to participate in either creating Large Scale Time-Lapse Artworks or Animations.

Dean also creates amazing huge sculptures, using symbolic materials, such as an 11ft horse created from CD’s and an Olympic athlete from recycled carrier bags.

The LOROS artwork and animation was entirely created from happy faces and hands to symbolise the care that LOROS provides, incorporating the artwork of local school children to include painted hands and faces.

Check our our DVD on the LOROS website - www.loros.co.uk
GOING QUACKERS

On Wednesday 6th November 2012, Class 4 of The Pochin School in Barkby held a sponsored duck race in the local brook. Each child named their duck and after a ‘quacktical’ talk they set off! Amid much excitement and enthusiasm, four separate heats were held and the overall winner was Bethan and her duck ‘Yoko’! The children were outstanding in their efforts to raise as much money as possible, taking collection boxes and buckets into the wider community and also baking and selling cakes. Overall they managed to raise an amazing £1,004, something that both the children and Mr Johnson and Mrs King are very proud of!

SUNFLOWER SOW AND GROW WINNER

The winner of the Sow and Grow competition held at St John’s Primary School was Dhiren Cumper, whose sunflower grew to an amazing 221cm in height.

HARVEST FESTIVAL DONATION

All the food donated by pupils and staff at Manor House School, Ashby de la Zouch, for the harvest festival was given to LOROS.

EVE & CHARLIE’S FUNDRAISING

Eve Coope (aged 9) & Charlie Coope (aged 5) held a coffee morning and craft sale. They made jewellery, brooches, and chicken bean bags, along with other craft items. Friends and family also donated and made items. The event was really well supported and they managed to raise £372. Eve is pictured proudly sitting at their stall.

MUSICAL NOTES

The children of Martinshaw Primary School hold an annual Summer Music concert in aid of LOROS. So far, the events have raised over £770, thanks to the support of retired music teacher, Neville Kilworth, the staff and Headteacher, Mr Andrew Raben.
LOROS EVENTS

BARROWS AT THE READY

2013 WHEELBARROW RACE
Plans are already underway for the 2013 Great Glen Wheelbarrow Race, the fifth year since it was rekindled. The 2013 race will take place on Saturday 31st August and sees the introduction of a trophy for the winning all-female adult team, so come on girls get in training!

EVENT ORGANISERS GO CRAZY!
To help promote the Wheelbarrow race, event organiser Andy Williamson, his son Tom and other volunteers will be pushing a barrow all the way from Great Glen to the LOROS Hospice on Groby Road, Leicester; the best part of 10 miles.

Running for a charity and being sponsored in the largest city marathon adds a new dimension to the slogan ‘no pain no gain’, it is more ‘your temporary pain for another’s gain’. When you cross the finish line you feel so proud of your achievement and that others will have benefited from your months of hard work.

If you choose to run for LOROS, we will provide you with support prior to the event, your own branded running vest, sponsor forms, support on the day at designated cheering spots along the route and a complimentary post race meal and massage at the QEII Conference Centre.

Call the Fundraising Department and start your sponsorship today!

RUNNING FOR LOROS

THE LEICESTER MARATHON AND HALF MARATHON
As the main organiser of the Leicester Marathon we are always looking towards making the event and the experience bigger and better each year. In the past we have trialled the route for wheelchair users, added a relay, a children’s mile race and a family fun run into the mix. This year’s event is planned for Sunday 13th October and there is likely to again be something different from 2012. One thing that never changes, though, is the enthusiasm of our fabulous volunteers, without them the event could not simply run.

They are the backbone to the event, and reviews praise all our volunteers every single year and we are so very grateful to you all -Thank you. If you would like to help with the organisation of the event, please email marathonvolunteer@loros.co.uk

Enter at leicestermarathon.org.uk

THE LONDON MARATHON
If you have your own place in this year’s Virgin London Marathon come and join our team of runners, everyone is welcome.

THE GREAT NORTH RUN
The entry ballot may have closed for the Bupa Great North Run but you can still gain a place through LOROS. GNR is Britain’s biggest half marathon and takes place on Sunday September 15th.

The Great North Run is televised live on the BBC and attracts a record number of applications, with over 108,000 people wanting to take part. Runners raised an estimated £30 million for hundreds of charities last year.

To register for a LOROS charity place contact Fundraising on 0116 231 843. Places are allocated on a first come first served basis and will close on 1st July 2013.

For more information on all of these events please call LOROS Fundraising on 0116 231 8431 or email fundraising@loros.co.uk
**COLOUR OF RIBBONS 2013**

We wish to invite you to join us at our special Colour of Ribbons Event on Sunday 16th June 2013. Remember a loved one, whether this is a family member, friend or a colleague, by tying a ribbon to a tree.

There will be different coloured ribbons for you to choose from that suit the colour of the person you are celebrating and you will then be able to tie your chosen ribbon within the designated area of the garden. Light refreshments are to be provided, along with a computerised virtual tour of the Hospice.

There will be no official service as part of the Colour of Ribbons event, but access will still be available to the Chapel for those who would like to visit.

There will be three time allocations of 10am, 11.30am and 1pm. Parking will be available at the Hospice, but spaces will be limited so please book. Please return the enclosed invitation or contact LOROS Fundraising Department on 0116 2318 431 as soon as possible should you wish to attend.

**MUSIC IN THE PARK AT WISTOW**

The very successful annual event in the beautiful grounds of Wistow Hall is being held again on Saturday 1st June 2013. Bring your own picnic to eat throughout a wonderful evening of music from the talented Junction 21, an 18 piece swing band, and popular songs and flag waving to ‘The Last Night of the Proms’ by the award-winning all female brass band, ‘Boobs & Brass’. The finale music is accompanied by a fabulous firework display in front of Wistow Hall.

The event is organised by the Rotary Club of Wigston and is staged in the grounds of Wistow Hall with kind permission of the Brooks family.

The profits from the event will go to LOROS and the Prince’s Trust.

The event is for all ages and families are asked to bring their own picnic rugs, tables and chairs. Hot drinks and snacks will be available from the LOROS Wigston Support Group stall throughout the evening.

Gates open at 5.30pm. Music starts at 7.30pm and the Finale and Grand Firework Display begins at 10pm. Advanced tickets are a bargain at only £12.50, 12-16yrs £5 and under 12’s free. On the night they will be £15. There is also free on site car parking.

Advanced tickets are available from all 24 of the LOROS Shops throughout Leicester, Leicestershire and Rutland and other local outlets. The ticket hotline for card payments is 0116 231 8431.

For further details and directions to Wistow and to see a 90 second video of last year’s concert visit www.wistow.com

**EAST MEETS WEST FASHION & ENTERTAINMENT**

LOROS Trustee Rani Mahal, LOROS Ambassador Tony Bhuar and a band of willing helpers put together a fantastic East meets West Show, fit to grace any top London venue, at the Ramghadia Hall in Leicester.

The evening started with a three-course meal served at the tables by Jinder Caterers. BBC Radio Leicester presenter Kamlesh Purohit introduced the top quality entertainment acts, including top sitar player Roopa Panesar, talented local singer Naomi Marcella, singer Daljit Neer, traditional and Bollywood Dancing by local dance groups and Belly Dancing with Ayshe.

Fashion expert Arinder Bhullar organised a colourful and imaginative fashion show, illustrating the latest designs.

Rani Mahal said, “Thanks to the support of local businesses and organisations the event has helped to raise the awareness of the work of LOROS and provide much needed funds to continue the support for patients and their families.”

Over 500 people attended the function and helped to raise over £5,000 for LOROS.

Pictures courtesy of Countryside La Vie.
ANNUAL LADIES LUNCHEON

Venue: The King Power Stadium, Leicester
Date: 15th May 2013
Cost: £40 per person

The LOROS President, Jennifer, Lady Gretton JP, invites you and your friends to the Annual Ladies Luncheon 2013, where we are delighted to confirm, Claire Lomas will be our guest speaker.

Claire was a chiropractor and horse event rider who had just reached the highest level of eventing when a freak accident left her paralysed from the chest down. Shortly afterwards she split from her boyfriend and felt at rock bottom. Things then gradually picked up, she found the love of skiing to replace eventing, met her husband Dan and had a little girl called Maisie.

Since her accident she has helped raise funds for Spinal Research, the most recent being her amazing achievement of completing the London Marathon in 17 days in a pioneering robotic suit, raising £204,000. Claire’s now training for a cycling challenge which takes place in 2013.

In 2012, the Prime Minister watched as Claire lit the ceremonial cauldron in Trafalgar Square from the English national flame, kindled on Scafell Pike, to launch the torch relay for the Paralympic Games.

London Mayor, Boris Johnson, and London 2012 Chair, Lord Sebastian Coe, were also at the ceremony, which took place on the north terrace of the square outside the National Gallery. After Claire lit the cauldron, 26 flame ambassadors each collected a splinter of the flame in a lantern to take back to celebrations being held around the country.

HADRIAN’S WALL WALK

If the Coast to Coast Walk over a fortnight is too long, how about trying the week-long walk along the 84 mile length of Hadrian’s Wall?

A team of approximately 15 walkers is being sought to raise funds for LOROS in May 2014. The 84 mile walk can be completed in a week, with six days walking plus the travel up to Newcastle and then the return from the Carlisle area.

Starting from Wallsend, Newcastle and finishing at Bowness-on-the-Solway, the route passes through some of Northern Britain’s most beautiful scenery and is a complete crossing of England from one coast to the other.

Anyone who is interested in taking part in any of the walking challenges should contact Adrian Walker on 0116 231 8431 or e-mail adrianwalker@loros.co.uk
THREE PEAKS CHALLENGE

The Three Peaks Challenge is an attempt to climb the three highest peaks in the UK, one after the other! These peaks are Ben Nevis, Scafell Pike and Snowdon, and we complete them in that order.

To do this challenge there is a non refundable registration fee of £99pp payable to Maximum Adventure at the time of the booking. The minimum fundraising target is £600. There are numerous dates available throughout the year.

For more information please call the fundraising department or visit www.maximumadventure.com/charity-loros/loros-fundraising-challenge

GE THREE PEAKS

Thank you to the walkers for undertaking such a gruelling challenge and to their sponsors for raising such a fantastic amount of money which will help provide a valuable service to 2,500 patients and their families this year.

GE Groby raised £2,012 for LOROS with their 2012 Three Peaks Challenge. At 6am on Friday 11th May 2012, 24 employees (18 walkers, 6 drivers and 3 mini buses) set off from the GE site for Fort William ready for their Three Peaks Challenge, starting with Ben Nevis at 6am on Saturday 12th May 2012, Scafell Pike during the evening and completing Snowdon on the morning of Sunday 13th May.

Through their volunteering programme, money was raised for various charities, including £1,212 for LOROS.

The Just Giving Site was in the name of Thomas Whitmore - www.justgiving.com/gegrobythreepeakschallenge

WALKING FOR DAD
By Sarah and Helen Reffell

In September 2012, our father, Peter Reffell, died. He was diagnosed with cancer in April 2011 and passed away just 16 months later. Dad was only 58-years-old. He was a hard-working, dignified and loving man. As a Dad he was never afraid to tell us that he loved us and how very proud of us he was, even as we got older and had children of our own. He was always there with a listening ear and wise words at difficult times.

In November 2012, whilst looking at the LOROS website, we saw the Three Peaks Challenge. What better way to turn our pain into something positive than to raise money to support the charity that had helped Dad to die as he had lived, with dignity and in peace.

And here we are, in order for us to get through the one year anniversary of Dad’s death, with strength and courage and to make him proud, we are doing the Three Peaks Challenge. We are lucky to have friends that will be completing the challenge with us. Please help us by donating anything you can to mark the first year anniversary of Dad’s death by doing something positive.

Check out or justgiving website here - www.justgiving.com/lora-loros-laughs

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WALK ON THE WILDSIDE 2013

This September it will be time to get your walking boots on and join us for another ‘Walk on the Wildside’ to experience passing through the beautiful Bradgate Park and enchanting Swithland Wood, starting and finishing at the Severn Trent Visitor Centre in Cropston, with the six mile circular walk commencing at 10.30am.

Fancy a challenge? Then why not join us earlier at 9.30am and challenge yourself to the 12 mile walk!

Everyone participating will receive a free goodie bag of items during the walk (including a banana and water) along with a special memento on completion of the walk, as well as a certificate once all sponsorship money has been donated.

Food will also be available from the BBQ along with Lively Warm-up Sessions, Special Guests, Stalls and much, much more.

What are you waiting for? Call fundraising on 0116 2318 431 or register online today at www.loros.co.uk/fundraising for your FREE registration and sponsorship pack.
WET AND WILD
The 33rd LOROS Winter Walk

On Thursday 27th December 2012, about 150 fundraisers turned out despite the awful weather, for the 33rd LOROS Winter Walk. The route had been checked and double checked but nobody could have predicted the amount of rain that fell from 8am that morning.

The road leading to Keyham Kennels became flooded as did Ingarsby Lane on the road route. The new route for this year became flooded too, but all of this did not stop the faithful fundraisers. A big thank you goes to Sue of Keyham Kennels, who very kindly helped people through the deep water in her Jeep.

Thank you to the many walkers and sponsors who have participated in the walk for many years, to the new people taking part, and those who made donations. There are lots of people, along with organiser Trudy Noble, who make the day possible - all the helpers and volunteers at both Keyham Village Hall; and Houghton Village Hall; Stuart, Julie and Paige at the Dog and Gun, Keyham; John and Margaret Hughes of Keyham; Bosprint, and not forgetting Graham Walker who kindly put out the signs on the A47.

A special thank you also goes to Kater 4 Cash and Carry Ltd, Asda, Aldi, Morrison’s, The Co-op, Tesco’s and Walkers Crisps.

Early indications show that the total may exceed £7,500.

ARE YOU A WELLAND VALLEY WANDERER?

When professional route organiser Andrew Duerden recently arranged a new car launch drive for journalists across the Welland Valley in Leicestershire and Rutland, he realised it would make an ideal scenic tour for classic cars.

Additionally, he wanted to arrange a fundraising event for LOROS and this seemed like the ideal opportunity.

Added to the HRCR Scenic Tours calendar for 2013, the Welland Valley Wander will take place on Sunday 18 August. Starting at the impressive Foxton Locks, the 100 mile route will follow the course of the River Welland across South Leicestershire into Rutland before finishing at Rockingham Castle. The event is open to anyone with a classic car that’s at least 25-years-old. Other ‘interesting’ cars will be added at the organiser’s discretion. Participants go at their own pace and will be given a roadbook with easy-to-read route directions, also detailing places along the way.

One of the biggest features of the event will be the Harringworth viaduct. At 1,275 yards (1.166 km) long with 82 arches it is the longest masonry viaduct across a valley in Britain. The event has its own website, www.wellandvalleywander.co.uk and entries can be arranged on-line or by Royal Mail.
One Big Bike Ride 2013

The fourth One Big Bike Ride took place last year and, despite the dreadful weather, supporters still came and took part in the event. We have raised over £18,000 so far and would like to thank everyone who joined us on the day.

This year, the fifth One Big Bike Ride event will be held on Sunday 9th June 2013 at Rutland Water, starting from Whitwell car park.

There will be a choice of three routes: 7 (commencing at 10.30am), 18 and 25 miles (commencing at 9.30am) around Rutland Water. We are asking you to get on your bikes again and join in with one of the three rides for all ages and abilities.

There will be goodie bags with bananas and water, as well as entertainment on the day with food and refreshments to buy!

To take part please contact the Fundraising Department on 0116 251 8431 for a registration form. Please return the form with your registration fee (Adults £5, Children £2.50 and Family £10) and we will send you a sponsorship pack so that you can start fundraising straight away. On the day sign ups are £10 for adults and £5 for children.

Vietnam to Cambodia Cycle Challenge

16th - 26th November 2013
Registration Fee £399 + Minimum Sponsorship £3,150

Join us on this charity challenge as we cycle from Vietnam to Cambodia! This breathtaking bike ride is one of the best fundraising events and will take us from Vietnam’s Ho Chi Minh City (Saigon) to the ancient temples of Angkor Wat in Cambodia. Upon arrival, we’ll have time to explore the fascinating city of Saigon — the heart of Vietnam — before we commence our charity challenge.

Our 400km charity cycle route will take us through many traditional Vietnamese villages, following gorgeous streams and rivers, passing paddy fields and adjacent to stunning mountains. Few locals will have seen foreigners cycling past, and their interest and hospitality will spur on even the most tired cyclist. We then cross the border into Cambodia and push on to the world famous temple site of Angkor Wat — arguably one of most fascinating wonders of the world!

Two fascinating countries — one awesome charity challenge. Join us today on this magical cycle for charity and experience South East Asia at its best! Call LOROS Fundraising for more details and an information pack today on 0116 231 8431.

The Sunflower Cycle

- Follow in Wiggins’ Footsteps

July 3rd - 7th 2013
£99 Deposit
£1,450 Minimum Sponsorship

If you have ever wanted to complete an exhilarating charity challenge, for LOROS, then here is your chance. LOROS are looking for adventurous volunteers to cycle from London to Paris, connecting two of the world’s most chic cities on one of the best cycling routes in Europe. Cycling through beautiful English villages and into stunning rural France you’ll pass historical landmarks and famous battlefields from World War One until you reach Paris. The sense of achievement you’ll experience will be one you’ll treasure forever! Take part in 2013 with other Hospice supporters for the Sunflower Cycle.

NightRider Bike Ride — London

8th and 9th June 2013
Cost of registration is £39 with a pledge to raise a minimum sponsorship of £275.

A one day charity ride with a difference... it’s at night! NightRider is an exciting 100km moonlit ride past London’s iconic landmarks, including Tower Bridge, a deserted City of London, Canary Wharf, London Zoo, Piccadilly Circus, British Museum, London Eye, Houses of Parliament, Trafalgar Square and more.

To book your place, see the full route and for FAQs visit www.nightrider.org.uk/Sign_Up_Now/option1

For further information contact Fundraising on 0116 231 8484.
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<th>Date</th>
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<tr>
<td><strong>MAR</strong></td>
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<tr>
<td>Sat 23rd</td>
<td><strong>LOROS Annual Twilight Walk</strong> Lads only 10k sponsored walk around the centre of Leicester, with a ‘St. Trinians’ theme. Contact LOROS on 0116 231 8431.</td>
<td>King Power Stadium, Leicester City Football Club</td>
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<tr>
<td>Tues 9th</td>
<td><strong>Curry &amp; Cabaret Night</strong> Three-course Indian Meal and cabaret style entertainment. Contact LOROS on 0116 231 8431 for tickets.</td>
<td>Spice 45 Restaurant, Leicester Road, Narborough</td>
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<tr>
<td>Thurs 11th</td>
<td><strong>An Evening with Lord Sebastian Coe</strong> Four course evening meal with Lord Coe as after dinner speaker followed by a Q &amp; A session. Arrival 7pm. Bar Closes Midnight. Tickets £40 per person. Call 0116 231 8431.</td>
<td>The Mercure Hotel, Granby Street, Leicester, LE1 6ES</td>
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<tr>
<td>Sun 21st</td>
<td><strong>London Marathon</strong> If you have your own place please raise funds for LOROS. Sponsor forms and running vests can be supplied. Call 0116 231 8431.</td>
<td>City of London</td>
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<tr>
<td>Tues 23rd</td>
<td><strong>Tennants Spring Valuation Day for LOROS</strong> From 10.30am - 3.30pm. Two valuers available, including Marc Allum (BBC Antiques Roadshow). Items to be valued at £3 per item for LOROS. Coffee, teas and luncheon vouchers. Contact Ginny Heathcote-Ball on 01572 724 666.</td>
<td>Barnsdale Lodge Hotel, The Avenue, Rutland Water, LE15 8AH</td>
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<tr>
<td>Tues 23rd</td>
<td><strong>Magical Spice Night</strong> A four-course meal with magical entertainment at the tables. Ticket entry also includes entry into a wine raffle. 7.30pm start. £20 per ticket. Contact Sam Popple on 0779 233 4592.</td>
<td>Syston Spice Restaurant, 249 Melton Road, Syston</td>
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<td><strong>APRIL</strong></td>
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<tr>
<td>Fri 3rd</td>
<td><strong>Annual LOROS Golf Day</strong> Shotgun start. £350 per team of 4. Am Am Format Medal. 3/4 Handicap. Lunch and Dinner included. Contact Diane Morris, Fundraising Manager, on 0116 231 8431/2</td>
<td>Rothley Park Golf Club</td>
</tr>
<tr>
<td>Sat 4th -</td>
<td><strong>Hadrian’s Wall Walk</strong> Sponsored 84 mile walk over six days plus travel. Participants pay for their costs and raise a minimum of £500. Contact Adrian on 0116 231 8431.</td>
<td>Wallsend to Bowness on Solway</td>
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<td>Sat 11th</td>
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<tr>
<td>Wed 15th</td>
<td><strong>Annual Ladies Luncheon</strong> £40 per person which includes a welcome drink, three-course meal, speaker, stalls and possible book signing with Claire Lomas. Contact LOROS Fundraising.</td>
<td>King Power Stadium, Leicester City Football Club, Leicester</td>
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<tr>
<td>Sat 18th</td>
<td><strong>Live music featuring Casino Royal Experience</strong> Display of top scooters, bar and refreshments. 7pm to 11pm. Tickets £5 from Great Easton Village Shop.</td>
<td>Great Easton Village Hall</td>
</tr>
<tr>
<td>Fri 24th -</td>
<td><strong>Glastonbudget Music Festival</strong> Tickets available from all LOROS shops.</td>
<td>Turn Post Farm, Wymeswold, Leicestershire</td>
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<td>Sun 26th</td>
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<td>Sun 26th</td>
<td><strong>Raise the Roof for LOROS</strong> ‘Singing for Fun’ is a choir, led by Anne Hughes, that loves the audience to join in! Their programme includes songs from the Shows and popular music hits, plus opera and sacred music classics. Young soloists include 14-year-old Aoife Miralles (harp) and Sam Rodwell (guitar). 7pm start. Tickets from Box Office 01162 333 111.</td>
<td>De Montfort Hall, Leicester</td>
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<td><strong>MAY</strong></td>
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<tr>
<td>Sat 1st</td>
<td><strong>Cycle Ride - Clock Tower, Leicester to Clock Tower, Skegness</strong> Leaving early Saturday morning from Leicester Clock Tower this sponsored cycle ride finishes at the Clock Tower in Skegness. Support vehicles, first aid and refreshments available. Sponsorship required. Contact Martin Isaac via email at <a href="mailto:martinisac2003@yahoo.co.uk">martinisac2003@yahoo.co.uk</a></td>
<td>Leicester to Skegness</td>
</tr>
<tr>
<td>Sat 1st</td>
<td><strong>Music in the Park</strong> Listen to Live Music whilst enjoying your picnic in the beautiful grounds of Wistow Hall. Finale includes a spectacular firework display. Organised by Rotary Club of Wigston. Advanced Tickets only £12.50, 12-16-year-olds £5, under 12’s free. On the night tickets £15. Tickets available from LOROS shops or hotline 01162 318 431.</td>
<td>The Grounds of Wistow Hall, Wistow, Leicestershire</td>
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<td>Sun 9th</td>
<td><strong>One Big Bike Ride</strong> Annual Sponsored Bike Ride at Rutland Water. Different distances available to suit all abilities. Registration £2.50 child, £5 adults, £10 family (2 adults, 2 children) plus sponsorship. - (£10 adult and £5 child on the day).</td>
<td>Rutland Water</td>
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<tr>
<td>Sun 16th</td>
<td><strong>Colour of Ribbons</strong> Sponsor a ribbon in memory of a loved one.</td>
<td>LOROS Hospice</td>
</tr>
<tr>
<td>Wed 19th</td>
<td><strong>Hinckley 5K &amp; Kids Fun Run Mile</strong> Get into the spirit by taking part in our popular town centre race and raise funds for LOROS. A one mile fun run and a 5k run. Sponsored by Western Power Distribution. To enter please visit <a href="http://www.hinckleyrunningclub.com">www.hinckleyrunningclub.com</a></td>
<td>Hinckley Town Centre</td>
</tr>
<tr>
<td>Sat 22nd</td>
<td><strong>One BIG Skydive</strong> Join LOROS in a day of tandem skydiving at Langar Airfield.</td>
<td>Langar Airfield</td>
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<tr>
<td>Sun 30th</td>
<td><strong>Wistow Loop the Loop Bike Ride</strong> 25 miles, 50 miles, 75 miles, 100 miles bike rides starting and ending at Wistow tea rooms.</td>
<td>Wistow Tea Rooms</td>
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<tr>
<td>Wed 3rd -</td>
<td><strong>The Hospice Sunflower Cycle - London to Paris</strong> £99 deposit, £1,450 minimum sponsorship.</td>
<td>Stapleford Park Estate</td>
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<tr>
<td>Sun 7th</td>
<td><strong>BB24 - Brain &amp; Brawn Event</strong> 24-hour adventure challenge relay for teams of up to eight members. Circuits of approx 5 miles with a mental challenge at the end of each circuit. In aid of LOROS &amp; PROStaid. Contact LOROS on 0116 231 8431/2.</td>
<td>Stapleford Park Estate</td>
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<tr>
<td>Sun 18th</td>
<td><strong>Welland Valley Wander Classic Car Tour</strong> Classic car tour of the Welland Valley from Foxton Locks to Rockingham Castle. Contact organiser Andy Duerden on 07836 318 400.</td>
<td>Welland Valley</td>
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<tr>
<td>Sat 31st</td>
<td><strong>Fourth Annual Great Glen Wheelbarrow Race</strong> Around the village of Great Glen. Prizes for best decorated barrow and winners. Children’s race prior to main race. <a href="http://www.greatglenwheelbarrowrace.co.uk">www.greatglenwheelbarrowrace.co.uk</a></td>
<td>Great Glen</td>
</tr>
<tr>
<td>TBC</td>
<td><strong>Walk on the Wildside Sponsored Walk</strong> Annual sponsored walk for LOROS. Walk around Bradgate Park, Swithland Wood and the Charnwood countryside. Choice of distances. Contact LOROS on 0116 231 8431.</td>
<td>Severn Trent Visitor Centre, Cropston</td>
</tr>
<tr>
<td>Wed 18th</td>
<td><strong>Coast to Coast Trek</strong> A two-week challenge to complete the 192 mile walk, following Wainwright’s trek from St Bees, Cumbria to Robin Hood’s Bay, Yorkshire. Contact Adrian Walker on 01162 318 431.</td>
<td>St Bees to Robin Hood’s Bay</td>
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<tr>
<td>Oct 2nd</td>
<td><strong>Classics to Jazz Concert</strong> Starting at 7.30pm. Rachael Lawson on Clarinet and Saxophone. Stephen Waterhouse on Piano. Contact Maureen Lawson on 01162 609 804.</td>
<td>Methodist Church, Syston</td>
</tr>
<tr>
<td>Sun 13th</td>
<td><strong>Leicester Marathon</strong> Annual Marathon and Fun Run around the streets of Leicester. <a href="http://www.leicestermarathon.org.uk">www.leicestermarathon.org.uk</a></td>
<td>Victoria Park, Leicester</td>
</tr>
<tr>
<td>Sat 2nd</td>
<td><strong>Fireworks and Bonfire Night</strong></td>
<td>Mallory Race Circuit</td>
</tr>
<tr>
<td>Sun 1st</td>
<td><strong>Light Up A Life</strong> The Opportunity to sponsor a light in memory of a loved one.</td>
<td>LOROS Hospice</td>
</tr>
<tr>
<td>Mon 2nd</td>
<td><strong>Annual Cathedral Concert</strong></td>
<td>Leicester Cathedral</td>
</tr>
<tr>
<td>Fri 27th</td>
<td><strong>LOROS Winter Walk</strong> 5 mile cross fields walk from Houghton on the Hill Village Hall to Keyham and return.</td>
<td>Houghton on the Hill Village Hall</td>
</tr>
</tbody>
</table>
LOROS EVENTS

For more information on all of these events please call LOROS Fundraising on 0116 231 8431 or email fundraising@loros.co.uk

JUMP FOR LOROS

Debbie McAuliffe and Rekha Sinhal, who completed a skydive for LOROS on 8th September 2012 at Langar Airfield and raised over £2,000, with sponsorship still coming in, talked about their experience:

“As we were in the plane and reaching 12,000ft, we took the time to think about why we were doing this. Our Skydive was an amazing experience but what has been really amazing is how generous people have been with their sponsorship. Our target was £1,000 but we have raised over £2,000, which is fantastic. We’d like to say a massive thank you to all who have donated.”

Follow in their footsteps and experience the ultimate thrill of free falling at 120mph after jumping from an aircraft. Then enjoy a long high-performance canopy ride with your trained instructor until you land back on two feet.

Raise a minimum sponsorship amount of £400 to jump for free, and in turn LOROS will receive a minimum donation of at least £170. In addition to this, every extra £1 you raise over the minimum goes straight to LOROS.

Availability is ongoing throughout the year, both mid-week and weekends. Send a £60 deposit today to secure your place!

You can jump at any time throughout the year but if you wish to jump with other like minded people, One BIG Skydive takes place at Langar on 22nd June 2013. Please contact Fundraising for more details and an application pack.

CHINA TREK

5th - 14th September 2013
Deposit £349, Sponsorship level £3,200
For a country with the biggest population in the world, China remains largely untouched by the West and now is your opportunity to discover its hidden charms on our charity China Trek. Join us on the LOROS charity trip of a lifetime as we trek the Great Wall, visit Beijing and discover China’s amazing cultural past.

PERU TREK

12th - 21st September 2013
Deposit £399, Sponsorship level £3,850
Immerse yourself in ancient Peruvian culture, trekking and exploring the remote Lares region of the Peruvian Andes on the LOROS Peru Trek. Experience diverse scenery as we trek through traditional Andean villages and along high remote mountain trails before visiting Machu Picchu; one of the world’s most important archaeological finds. For those with a love of landscape, a passion for history and a sense of adventure, look no further!

ZAMBEZI CHALLENGE

21st - 28th September 2013
£99 registration free
Minimum sponsorship fee - £3,320

Are you looking for your NEXT BIG CHALLENGE? Now you can follow in the footsteps of the Comic Relief celebrities...

Paddle your way down one of the biggest and best rivers in the world - The Zambezi. Experience the planet’s best white water rapids, stunning African Scenery, the most amazing wildlife, sandy beaches and a helicopter flight through the Batoka Gorge and over Victoria Falls as Africa delivers a feast of adventure.

If you would like to be one of the first to do the Zambezi River challenge please contact Fundraising on 0116 231 8431 or email fundraising@loros.co.uk

BRAIN AND BRAWN 24
The Ultimate FUN 24hr adventure Challenge to Test Mind & Body!

Most people would visualise a summer weekend away at Stapleford Park to include luxury dining, accommodation, spa treatment or maybe a leisurely pursuit of golf or shooting.

Now picture this, a weekend away with friends and colleagues at Stapleford Park being tested through a series of Krypton Factor type questions and activities, hurdling over obstacles and trying your hardest to get to the line before passing on the baton to your team mate, before attempting it all again in a 24-hour period!

If this has filled you with dread, maybe stick with the first scenario, but if it has wet your appetite then you need to look at our new event for 2013. Brain & Brawn 24 is an adventure relay to challenge your physical and mental aptitude. This multi-terrain event over the grounds of Stapleford Farm Estates will provide a test for everyone taking part.

Whether you enter as an individual, a pair or as a team you will have a great weekend. Book now for 6th-7th July 2013.

With special thanks to Jennifer, Lady Gretton and Lord and Lady Gretton.
KILWORTH HOUSE RAISES £40,000

LOROS were honoured to have been chosen by the stunning Kilworth House Hotel and Theatre as their Charity of the Year in 2012. With such an outstanding and unique venue supporting us we were blessed to be associated with the superb and exclusive events and productions which have become synonymous with Kilworth.

Kilworth House has become such an attractive venue by hosting events that appeal to everyone. Whether you like to spend your leisure time out on the golf course or prefer to be in their open air theatre, Kilworth has every base covered.

Kilworth hosted two charity walks on behalf of LOROS in 2012 which toured the magnificent Kilworth estate. The walks proved popular with the “regulars” and also Fundraising Manager, Diane Morris, who was in awe of the beautiful surroundings.

The spectacular Open Air Theatre within the grounds of the house hosted a special event for LOROS in August called the Diamond Jubilee Proms. Guests came with Union Jack flags and were in good spirits as the night came to a crescendo with everyone singing Land of Hope and Glory. This event alone made in excess of £15,500 for our charity.

Diners at Kilworth were able to contribute to LOROS by making a £1 donation to their bill at the end of a meal and theatre-goers also donated to LOROS through the hire of blankets in the open air theatre.

The support received from Kilworth House Hotel and Theatre has been truly outstanding. Their passion and commitment to LOROS has been reflected in the incredible amount of money they have raised and we are thrilled that they have chosen to make us their Charity of the Year again in 2013.

3M EMPLOYEES DO IT AGAIN

Employees at Loughborough-based technology company, 3M, have once again raised funds for LOROS. During 2012 they held a number of events including a charity cake sale and Easter egg competition to enable a year end donation of £2,000 to support the Hospice. This is a fantastic effort and we thank the staff for their continued support.

FA SIMMS GET ‘QUIZZICAL’ AGAIN

Following the success of 2011, FA Simms held their charity quiz night 2012 for staff and clients at the Mercure Hotel in Leicester and raised £1,500 for LOROS. Bray & Bray Solicitors won and received £600 worth of John Lewis vouchers. Second place went to The Rowleys Partnership Ltd, who received £300 in John Lewis vouchers.
EXECUTIVE QUEST RAISES OVER £200,000 IN 3 YEARS

More than a dozen Directors celebrated at the awards ceremony in November for the 2012 Grant Thornton Executive Quest. In the three years since the Quest has been going, more than £200,000 has been raised for LOROS and PROStaid.

The Quest has seen many executives conquer self-imposed challenges in aid of the charities and all the participants were invited on stage to be thanked for their exploits at the awards ceremony at the Athena.

Two of the awards made were ‘Most Money Raised’ to Hinckley & Rugby Building Society and Market Harborough Building Society bosses Chris White and Mark Robinson, and ‘Most Imaginative Quest’ to De Montfort University Vice-Chancellor Dominic Shellard.

Chris White, from Hinckley & Rugby Building Society, and Mark Robinson, from Market Harborough Building Society, raised more than £6,000 on a circuit of the six building society HQs in Leicestershire. They used unusual transport on the day-long trip, including a milk float, horse-drawn carriage, steam powered car, canal boat and tandem.

Dominic Shellard completed his quest on 7th November when he led more than 1,500 people in a mass flash mob dance outside DMU, attracting lots of press and sporting celebrities.

The other questers whose achievements were applauded at the ceremony were:

• Richard Everard of Everards Brewery, who cycled 190 miles beside the River Lot in France.
• Dennis Kent from DRK Innovative Management, who did aerobatics in a light aircraft above Leicestershire.
• Arch Deacon of Loughborough, David Newman, who memorised the gospel of St Mark, reciting it in five churches across Leicestershire within 48 hours.
• Leicester Mercury editor, Richard Bettsworth, and publisher, David Simms, who trained respectively with the Leicester Tigers and Leicester City.
• Mark Dunkley of Harvey Ingram Shakespeare travelled from the Northampton Saints ground to the Leicester Tigers’ Welford Road stadium.
• Tom Shepherd of NFU Mutual, who ran the London Kilomarathon, a distance of 26.2 kilometres, despite only taking up running this year.
• Mark Sherwin, from Sherwin Hall Kitchens, who completed the Leicester Marathon in October.
• Trevor Shaw from Grant Thornton, who walked the 100 mile Leicestershire Round in four days.
• Paul Hancock from Grant Thornton, who flew to 12,000 feet for his first (and, he says, last) Skydive.

The Quest will be happening this year with Mattioli Woods kindly sponsoring the event and the launch will be on 9th May 2013.

ARABIAN NIGHTS BALL RAISED £21,000

Supporters of LOROS had the opportunity to glam up on Saturday 17th November at the eighth Annual Ball held at The Marriott, Leicester. The theme 1001 Nights helped set the scene for an enchanting evening.

With the scent of eastern spices filling the air, the kaleidoscope of rich striking colours lining the interior and Moroccan delicacies on the menu, the Marriott was a sensory delight for all to enjoy. A big thank you goes to Eventologists who donated materials for the theme.

Guests were greeted by an Arabian genie and then ushered into the authentic Arabian Souk, complete with street sellers and market stalls packed with jewels and ceramics. Ladies were even able to adorn themselves with beautiful henna tattoos.

The evening’s entertainment included a fantastic belly dancing routine performed by Andrea’s Oriental Dancers as well as an incredible ‘flash choir’ performance by the Leicester Theatre Group.

The event was kindly supported by Next and companies such as Edmonds and Slatter, Alpen Signs and Affinity Law purchased tables.

BE NIFTY WITH A FIFTY

The Accumulator Charity Challenge, which raises money for LOROS and Rainbows, finished on a high with challengers bringing in excess of £21,000.

The idea of the challenge was for local companies to take £50 (provided by Rainbows and LOROS) and, in the space of three months, raise as much money as is legally and ethically possible.

Last year’s challenge saw over 20 local companies become involved in raising money for charity. Companies fought tooth and nail for the title of ‘Most Innovative Idea’ and ‘Most Money Raised’ with dedicated employees taking part in talent shows and military assault courses.

The three month-long initiative began back in July 2012 with a launch party held at Sturgess Motor Group which gave challengers the opportunity to meet other like-minded local businesses and to discuss fundraising ideas. This year’s event has already started but it’s not too late to join.
ALCOA DONATES TIME AND MONEY

In October 2012 eight volunteers from Alcoa came to the Hospice to help clear out the garage to give us more space for the opening of the Day Therapy Service.

Alcoa’s commitment is to further strengthen, by the hands-on work of thousands of employee volunteers, who each day play an active role in making their communities, safer, stronger, and more compelling places to live and work, which they certainly did by coming to LOROS.

Colleagues’ relatives have died at LOROS and their great desire is to volunteer their services to LOROS in an effort to repay the wonderful kindness and service their relatives have received. The company has also made a donation of nearly £1,900 to patient care at the Hospice.

JUST CAPITAL

Capital One have been instrumental in volunteering at some of our key events such as Walk on the Wildside and helping distribute over 1,000 packs for the Leicester Marathon runners. Not only have they helped by donating their time, the risk management department of Capital One in Nottingham have raised £3,080 to donate towards patient care.

EASY AS 123

Santander Bank brought Christmas cheer to the Highcross Shopping Centre when shoppers were shown, through a simple calculator, how much they could potentially save with the Santander 123 Current Account & 123 Credit Card. The bank marked this occasion by making a donation of £5,000 to LOROS. It was fantastic that LOROS benefitted through this scheme.

PREMIER LOGISTICS DONATE 20p FOR EVERY PALLET MOVED

Premier Logistics (UK) came up with a unique way to raise money for LOROS, which had provided vital support for a much missed friend and business associate.

Popular Jason Chapman, 40, lost his battle against bowel cancer in September 2010. That prompted Premier Logistics to pledge 20p to the Hospice for every pallet it delivered over a three-month period.

Premier shifted over 22,000 pallets in less than three months, which boosted LOROS to the tune of £4,558.

Mr Chapman left a widow, Wendy, son Jack, 12, and daughter, Eva, four. Mrs Chapman, 37, paid tribute to Premier - and Lee Christopher (Managing Director) in particular.

She said: “It’s all thanks to Lee really. I feel it’s really wonderful and humbling the work they have done for the Hospice. LOROS was superb in the way they supported Jason. We got married in the Hospice and it was a wonderful and special day. They really are like angels and there couldn’t be a better cause.”

WILL PLANNING SOLUTIONS - ‘Get Yer bike’

‘Get Yer Bike’ raised £3,902 for LOROS and Parkinson’s-UK. Rob Abell, owner of Will Planning Solutions cycled the full length of Wales, north to south, coast to coast, finishing in Cardiff’s bay area. There were a lot of big hills and he didn’t walk up any of them, even though the biggest climb up was to 509 metres. The six-day, 260+ mile journey took place in September 2012 and passed through the magnificent Snowdonia and Brecon Beacons. Rob now wants another challenge for 2013.

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CHAIRMAN’S CHOSEN CHARITY

LOROS President Jennifer, Lady Gretton, Simon Proffitt and Liz Seaston of the LOROS Support Group receive the £6,618 cheque from Councillor Nigel Smith in his second term of office as Chairman of North West Leicestershire District Council. Nigel was aided by the LOROS Ashby & Coleorton Support Group.

GREAT RUN RESULT

Pete Ford took part in the Great North Run in memory of his dad, Alan Ford. Pete raised £1,500 in aid of LOROS.

CHOCOLATE FOUNTAIN AT GLENSTOCK

Nathan Thompson samples the chocolate fountain at Glenstock Festival.

OTIS COMPETITION

Adam King of Otis Lifts won £1,000 to be split between LOROS and Macmillan. Adam took the attached photo of the Brecon Beacons and won the ‘people and teamwork’ category.

SANTA’S NEW ‘RUDOLPH’ CALLED SPARKY

Sparky the donkey came to the rescue of Santa when his reindeer were too tired to join him at Sileby Conservative Club. The family event raised £5,000 which was presented to LOROS Ambassador Kishor Mistry.

MUSIC TO OUR EARS - GLENSTOCK FESTIVAL

Main organiser Scott Clarkson and his committee of volunteers raised a fantastic £5,001 from the Glenstock Music Festival held at the Old Greyhound Inn in Great Glen on 6th October. The committee presented the cheque to LOROS Volunteer, Peter Barnes.

COMPANY DONATION

Tony Calvert of Camloc Motion Control Ltd presented £2,500 to Adrian Walker of LOROS.

HATHERN’S BAND OF FUNDRAISERS

Despite the snowy conditions, and having to change venues on the morning of the concert, the Hathern Band raised £1,868 with support from funding from Barclays Bank.

CHOCOLATE FOUNTAIN AT GLENSTOCK

Nathan Thompson samples the chocolate fountain at Glenstock Festival.

FIONA CAIRNS EVENT

Fiona Cairns, the Royal Wedding Cake Maker, captivated the audience with an illustrated talk about her “commission of a lifetime” at an event held at the home of Mark and Diana Newton in Church Langton. Guests were inspired by Fiona’s demonstration of cake decorating skills that was followed by a delicious champagne afternoon tea, raising the magnificent sum of £1,455.

SHAKERSTONE FAMILY FESTIVAL

Geoff and Pauline Turner of the Shackerstone Family Festival, held in September, presented £1,200 to LOROS.

AWESOME ANSTEY AUTUMN AUCTION

Auctioneers Trevor Ward and Barry Whiteman worked their magic to sell a wide variety of items, raising £2,250 at the Hare & Hounds Pub, Anstey.

TABLE TOPPER

De Montfort 500 Round Table raised £1,521 from their Beer Festival at The Forge, Glenfield.

WOMEN’S MORRIS TEAM

The Black Annis Morris Dancers held a dance in Leicester on Saturday 6th October 2012 and raised £108 for LOROS.

50TH WEDDING ANNIVERSARY

LOROS Volunteers, Jennifer and John Booth, celebrated their 50th Wedding Anniversary on Tuesday 28th August 2012. John and Jenny have been involved with the Market Harborough Support Group for many years.
Leicestershire Bowling Association Presidents, Terry Whiteside (2012) and Geoff Baxter (2011), raised a fantastic £6,934 during their terms of office.

70TH BIRTHDAY PARTY
Terry Farmer celebrated his 70th Birthday recently and raised £200 for LOROS in lieu of gifts.

TABLE TOP SALE
Fin, Margaret, Jess, Anais and Evie from Anstey braved the cold to raise £70 from a table top sale on 17th October.

LADIES WHO SHOP EVENT
Jean Denyer held a ‘Ladies Who Shop Event’ prior to Christmas in the new Visitor Centre at Loddington. She raised a magnificent £307 for LOROS. Refreshments were available from Jean’s welcoming tea rooms at Holly Cottage.

CLOSE SHAVE FOR ARCHIE
Archie Bray shows his ‘before’ photo after having his hair cut at school, raising £160.

IN TUNE FOR £200
Birstall’s ‘Heart of England’ Barbershop Chorus presented £200 to LOROS Ambassador Kishor Mistry.

THE SHERWIN’S GAMBLE PAYS OFF
The Sherwin family raised £6,100 from a Casino Night at Leicestershire Cricket Club and Mark Sherwin ran a half marathon in memory of his father.

KNICKER BALL ‘DRAWERS IN’ £720
A Knicker Ball was held to remember the late Margaret Dwyer’s 90th Birthday at Notts Oddfellows Club, raising £720.

BY THE BOOK – BUY THE BOOK
Frank Allen regularly holds book stalls and has raised thousands of pounds for LOROS.

TOUGH MUDDER
Chris Smith and friend Michael raised £750 from the 12 mile Tough Mudder event in memory of Linda Gallagher.
A BIG BREAK FOR LOROS
Snooker legend Dennis Taylor helped fundraise for LOROS at The Winchester Club in Wigston.

ATTFIELDS FARMSHOP FUNDRAISER
A bag pack and raffle at Attfield Farm Shop in Cosby, organised by Peter Barnes and the LOROS Wigston Support Group, raised £3,842.

60th PARTY CELEBRATIONS
Ken & Sylvia Orme held their 60th Anniversary Party in March 2012 and donated £270 to LOROS.

YOGA GROUP DONATION
The Yoga Group from Rushey Mead Community Centre donated £185 when visited by Adrian Walker of LOROS.

FOOTBALL FUNDRAISER
Simon Newcombe presents £600 raised from a five-a-side football tournament held at the Pavilion in Huncote.

SANTA FLIES IN TO SUNNYSIDE
Sunnyside Garden Centre at Ibstock raised £600 for LOROS when Santa flew in by helicopter to give his reindeer a rest.

HINDU TEMPLE DONATION
Geeta Bhavan Temple President, Prem Khosla, presents a donation of £151 to LOROS Ambassador Tony Bhaur.

GIFT OF TIME
Volunteers are required urgently for Markfield and Leicester Forest East, and other local areas, to distribute and collect LOROS seasonal novelties, such as those pictured above, which are sold to Schools and businesses for only £1 each. Please contact Elaine Godber on 0116 231 8466 or 07843 452715, or email elainegodber@loros.co.uk

DONATE
Donate by Cheque (payable to LOROS), via justgiving or pop into your nearest LOROS shop.

MILLAN MANDAL DONATION
The members of the Ladies Millan Mandal, who meet at Rushey Mead Community Centre, presented a cheque of £612.

CHRISTMAS RAFFLE WITH BIG TED!
Residents and friends of William Peardon Court, Wigston held a Christmas Raffle and raised £305.

GREAT NORTH RUN
Thank you for being part of our team. Pictured is Richard Francis who raised £684 towards the total of over £5,000 raised by all the runners in 2012.

MELTON TEAM
The Melton team of event sellers raised £405 for LOROS from various events, including a coffee morning and 'Bric a Brac' sale. Pictured are Marilyn, Julie, Mary, Eileen and Barbara.

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Sunnyside Garden Centre at Ibstock raised £600 for LOROS when Santa flew in by helicopter to give his reindeer a rest.

SAINSBURY’S ‘ELF-STACKER’
Santa and his elf raised £556 during a collection held at Sainsbury’s, Loughborough. Thanks to Mike and Julie Collett for their hard work.

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DANIEL’S SKYDIVE
Pictured is Daniel Bates who completed a skydive for LOROS and raised £175.

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LEICESTER MASONIC CHARITY ASSOCIATION

A wonderful donation of £5,400 was received by LOROS from the Leicestershire Masonic Lodge. Simon Profitti of LOROS is pictured with Provincial Grand Master, David Hagger.

A NISA DONATION

We received a donation from a local Nisa store, K & K groceries, who raised over £500 for LOROS. This money was donated by “the making the difference scheme” which is part of the Nisa retail initiative, therefore it came through the profits of goods sold.

SILEBY BUFFALOES

Keith Perkins of the Sileby Buffaloes presents £250 from their annual fundraising efforts.

PUB BACKS LOROS

Marston’s Brewery made a donation of £500 to support the Dog & Gun pub in Enderby after Paul Beard and Matthew Evans, from the public house, completed a mammoth bike ride from London to Leicester in August to raise £2,000 in sponsorship for LOROS.

CHRISTOPHER SCOTNEY’S 40-YEAR BASH

On Sunday 14th October, Scotney’s Clothing held a “40 years in business” party and raised £221 for LOROS.

GAVIN TAYLOR

Hairdresser Gavin Taylor raised a marvellous £2,632 for LOROS by holding a Mad Hatters Ball at Leicester Marriott Hotel, which was put to his London Marathon pledge for LOROS.

AN EVENING OF MUSIC

Lee Spencer and friends held a musical evening for LOROS and raised £600. Lee also wrote and sang a song for LOROS called ‘Smile’.

SWITHLAND FLOWER & VEGETABLE SHOW

The Annual Swithland Show was held at the Griffin Inn and St. Leonards Primary School. The event, featuring wonderful stalls and auction, raised a magnificent £2,250 for LOROS.

THANK YOU FROM THE BURNS’

The Burns family presented £612 to Dr Luke Feathers and some of the nursing team.

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SCHELGEL GOLF SOCIETY

Alistair Harper, Captain of the Schelgel Golf Society, chose LOROS as his charity of the year and raised a fantastic £610.

GIFT WRAPPERS

University of Leicester student, Katie DuGard (top), and LOROS long-time volunteer, June Wilson (below), demonstrate their skills at the Christmas gift wrap at Leicester Market.

COFFEE & CAKE BAKE

Julie Collett and her team of helpers raised £530 from the sale of cakes and items at a Loughborough University Business School coffee morning.

HELP FROM THE CHAUHANS

Mr and Mrs Chauhan of the Thikka Gathering presented funds to purchase a recliner chair and clocks for the Willow Wing rooms.

From everyone at LOROS...

A huge thank you to all our supporters!

Regrettably we cannot show all the events and presentations.
MARKET HARBOROUGH BUILDING SOCIETY

Market Harborough Building Society’s LOROS Account gives savers an attractive rate of interest and instant access to their money whilst helping to support LOROS. The account can be opened with a minimum of £1, and the maximum balance is £500,000 per person. Saving in this account will help LOROS because 0.50% of the average balance in the account will be donated to LOROS each year. In fact, in 2012, the Society donated £9,383. For further details please telephone 01858 412 250, visit the website at www.mhbs.co.uk or visit one of the Society’s branches in person.

HINCKLEY & RUGBY BUILDING SOCIETY

Hinckley & Rugby’s Hospice Affinity Savings Account pays an attractive rate of interest to investors and, each year, 1% of the average balances held in the account will be donated to LOROS and neighbouring hospices covering Nuneaton and Rugby. Each hospice will receive an equal share of the 1% donation. The account offers easy access to savings with a minimum investment of £500 and a maximum investment of £300,000. In 2012, the amount donated by Hinckley & Rugby for the Affinity Account was £3,520. For further details please telephone 01455 251 234, visit the website at www.hrbs.co.uk or visit one of the Society’s branches in person.

MELTON MOWBRAY BUILDING SOCIETY

The Melton Mowbray Building Society Affinity Savings Account offers an attractive rate of interest on your savings and supports LOROS. The savings account is operated online which means that you can apply online and undertake transactions when it suits you. The minimum balance is £1,000 and the maximum is £250,000 and you must be over 16 years of age to be able to open an account. For further information phone 01664 414 141 or visit the website at www.mmbs.co.uk.

RAISING THE ROOF AT DE MONTFORT HALL

On Sunday 26th May the ‘Singing for Fun’ choir of over 425 singers will perform a varied programme, which also encourages the audience to participate. Due to the size of the choir, conductor Anne Hughes has arranged for half of the singers to appear in the first part of the programme and the remainder in the second half.

Anne said, “Singing for Fun is a choir with a difference – they love you to join in! Help them Raise the Roof for LOROS by singing along to songs from the shows and popular music hits, including a 1,600-voice strong arrangement of Under the Boardwalk! There is something for everyone, including classics from the fields of opera and sacred music, but the emphasis is always on fun.”

Also making appearances will be two young soloists; Aoife Miralles playing harp and Sam Rodwell playing guitar. Aoife is an amazing talent — still only 14-years-old and Sam is joining the Royal Northern College of Music. Two stars of the future!

Tickets are available at the De Montfort Hall Box Office at £10, £12 and £15. Contact 01162 335 111.
LOROS SHOPS

LATE NIGHT SHOPPING FESTIVAL

On 7th December Market Harborough celebrated the season with its late night shopping festival, which included Rudolph in the town square, carol singers and street vendors. Many shop windows and staff were dressed up and the event was judged by the Mayor and the Carnival Queen. Shop Manager, Brenda Welsh, and the volunteers dressed up as Ali Baba and the four thieves, collecting over £60 in donations from delighted customers and winning best dressed shop for the second time.

GOING TO OUR HEADS

Our shops urgently need donations of hats as we would like to hold a specialist sale of hats, handbags, etc in one of our stores this summer. Please donate any unwanted hats and let us turn them into money for patient care.

UNUSUAL DONATIONS!

The generous people of Leicester, Leicestershire and Rutland donate some fantastic and very unusual items to our shops. We recently received a donation of nearly 2,000 beer mats! We have also received collections of teapots, pottery chickens, resin pigs and pencil rubbers! So please don’t be afraid to donate the unusual to LOROS.

BOOK SHOPS

We now have two very interesting specialist Book Shops; our long established and loved Queens Road on Clarendon Park, Leicester store and our latest shop on High Street East in Uppingham, Rutland. Both shops carry a fantastic range of non-fiction books of all types. We also sell hundreds of books online with Amazon, please log onto the LOROS website for a link to the books we have for sale.

RECYCLE WITH LOROS

DON’T BIN IT BAG IT!
Clothes old and new
If no use to you
And riches and rags
Or unwanted bags
Please send them across
To a grateful LOROS!

We recycle everything we can to support your local Hospice.

Some months ago LOROS held its first school donation station at St Thomas More Catholic Voluntary Academy in Knighton, Leicester and received a very positive response from Head Teacher Mrs Mason, staff, parents and pupils who very kindly donated over 200 bags of unwanted clothes, toys, books and bric a brac. Most of these goods were also Gift Aided and LOROS was able to present Mrs Mason with a Thank You certificate for over £5,000!

Sites for external Donation Banks and internal Donation Stations are urgently required. Can you host a Donation Bank or Station within your company, school, club, gym or other suitable location?

Lisa Newton and Mala Rathod (pictured below), employees of Leicester Land Registry, hosted a LOROS Internal Donation Station to collect colleagues’ unwanted clothing and other goods.

For further information please contact Elaine Godber on 0116 231 8466, 07843 452715 or email elainegodber@loros.co.uk

A DAY IN THE LIFE OF A LOROS FURNITURE SHOP

By Qyan Arnachellum, Shop Manager

The new LOROS Furniture Shop opened for business on 17th July 2012. We sell good quality second hand furniture, bric a brac and a small range of brand new goods.

At the beginning of each day, the van is loaded with purchased items and delivered to our customers. They collect furniture that the public wish to donate, via a collection ‘hotline’ at our warehouse in Glenfield. Drivers currently visit up to ten homes a day across Leicestershire and Rutland.

Much activity takes place within the shop each day, including preparing bric a brac and furniture for sale. We realise the importance of ensuring the sales area is always presented attractively and replenishment of stock is a constant process.

At Welford Road, we are proud of the shop and are a close-knit team of two managers, two van drivers and volunteers who work together very well. If you wish to donate furniture, please telephone 0116 231 3666 to arrange collection or pop into the shop to donate bric a brac etc. We are open from 9am to 5pm, Monday to Saturday, and 11am to 3pm on Sundays.

The shop is located at 365 Welford Road, Leicester, LE2 6BJ. All are very welcome.

Volunteers are also required. Do pop by to chat to management and pick up an application form, or telephone 0116 270 8648.

BLUE AND WHITE

In the near future, we will stage a special sale of blue and white pottery and china. Can you help us by donating your unwanted or unused blue and white pottery? New or old and any shape and size, we need all types of donations.
ANDY’S DREAM

Andy underwent many operations but unfortunately in July 2010 following a routine operation he caught an infection that resulted in him becoming wheelchair bound.

Although Andy manages to keep himself busy he has a dream of one day being able to walk again with the aid of a ‘ReWalk’ robotic suit. Having already raised £28,000 towards the cost of his ‘new legs’, his lottery win takes the total up to £30,000 and he is really starting to believe that it could be possible.

Liz Singleton said, “I am delighted that this win has gone to such a deserving person. Andy supports LOROS in memory of his wife’s Grandad who died in the hospice and it is so generous of him to continue to do so when he is so desperately trying to raise enough money to achieve his own dream.”

A FOND FAREWELL

December saw the lottery office wishing a long, healthy and happy retirement to Lottery Manager’s Assistant, Lesley Snowball, after 16 years service. Lesley first became a Lottery Collector in Ratby before taking up her role in the office. Always loyal and dependable, thoughtful and caring, she will be greatly missed by her colleagues who sent her off in style.

RAFFLE AT ROTHLEY

The 2012 LOROS Christmas Raffle draw was held at Rothley C of E Primary School with children and colleagues drawing the winning tickets in memory of teacher, Sarah Stonehouse, who died in LOROS aged 39. Thanks go to everyone at the school who not only sold and bought raffle tickets but made the draw such a special occasion.

JULIE’S NEW YEAR JOY

When Joy Broughton mentioned that she hadn’t managed to sell her LOROS raffle tickets her daughter Julie decided to buy one to help her along. Joy then returned the stubs and money to LOROS having bought the rest herself. Julie was later amazed to find out that her one and only raffle ticket had won the first prize of £10,000 in the 2012 Christmas Raffle draw. On presentation of her cheque Joy said she still had many thoughts about what to do with the money, including a cruise and decorating.

Liz Singleton said, "Joy still couldn’t believe it when I presented her with her cheque, it was lovely to see her excitement. Thank you to everyone who supported our Christmas Raffle, it is anticipated that approximately £90,000 profit will be realised, a huge contribution towards the £4 million we need to raise this year.”

THANK YOU

LOROS is very grateful for the continued help and support of local companies. For many years Penneys Florist of Wigston have donated a beautiful bouquet for our 1st prize winner and Monica Winfield continues to read out our top five winners on her BBC Radio Leicester Saturday breakfast show.
Order Form

Title: ........................................ Full Name: ..............................................................
Telephone: ........................................ Mobile: ..........................................................
Email: .......................................................... Address: ..........................................................

To join and pay by direct debit or cheque please fill in your details and return this form, with payment where applicable to: LOROS Lotteries Ltd, Enterprise House, 1 Station Road, Glenfield, Leicester, LE3 8BT. Please telephone the Lottery team on 0116 231 8430 to pay by card or to purchase scratch cards and gift subscriptions.

I would like to support LOROS with a regular subscription to the LOROS LOTTERY:

- Annually, for □ weekly chance(s) x £52
- 6 monthly, for □ weekly chance(s) x £26
- Quarterly, for □ weekly chance(s) x £13
- Monthly*, for □ weekly chance(s) x £4.34

*Direct Debit only! first month £6.34

For example
6 monthly, for 2 weekly chance(s) x £26 £52.00

Name: ........................................................................................................
Account Number: ..............................................................................
Sort Code: ............................................................................................

Instruction to your Bank or Building Society to PAY BY DIRECT DEBIT ONLY

Name: ........................................................................................................
Account Number: ..............................................................................
Sort Code: ............................................................................................

To: The Manager
Name and full postal address of your Bank or Building Society
Address: .....................................................................................................
Postcode: .................................................................................................

Signature: .................................................................................................
Date: / /

Visit www.loros.co.uk for more details or to download either an application form or an order form for scratch cards and lottery gift subscriptions.

SARAH AND SANDRA SPREAD THE WORD

Sarah and Sandra are LOROS Lottery Representatives who recruit new members to the lottery by knocking at people’s homes or chatting to customers and staff in supermarkets, leisure centres, garden centres and other locations.

We are keen to expand our team – are you looking for a new challenge, do you have sales experience and enjoy working to targets? If so, we would love to hear from you.

We offer flexible hours, a competitive salary package and lots of job satisfaction. For more information contact Liz Singleton, Lottery Manager, on 0116 231 8430.

For an application form contact Jayne Highland, HR Manager, on 0116 231 8460 or jaynehighland@loros.co.uk

LOTTERY AT LUNCHBREAK

Why not invite a LOROS Lottery Representative into your staff dining room/ canteen over a lunch break? We can make it easy for your staff/ colleagues to gain more information about LOROS and our lottery and, if they wish, they can join on the day. Email janetaylor@loros.co.uk to book a date.

FOLLOW ‘LOROS LOTTERY’

Please ‘like’ our Facebook page and follow us on Twitter – spread the word and share our posts/ tweets with your friends, keeping up to date with weekly results, events and news.
Thank you to our Spring Raffle prize sponsors: MB Sign Design - Sweetpea Florist - Spectrum Residential - Sole Fitness - Glenfield Television (all of Glenfield) and Archers School of Motoring, Ratby.

More prizes than ever before will be won in the LOROS 2013 Spring Raffle. More prizes means more chances to win, so why not join in the fun? Imagine driving away a stylish VW up! Or would you prefer to win £8,000 to spend on anything your heart desires?

Our raffles are a great way to raise funds and for us to say thank you for the support given to the hospice by our supporters. Our previous raffles have been incredibly successful and with your help, this year we hope to raise even more essential funds to help people in Leicester, Leicestershire and Rutland.

Every £1 ticket you buy will help us continue to offer caring expertise to patients and families who may be spending their last days, even hours together, and your thoughtfulness is enabling us to provide the best possible quality of life during these precious times.

Tickets will be mailed to everyone on our raffle mailing list but, if you don’t receive our mailing or you would like extra tickets to sell to family and friends, you can contact the lottery office on 0116 231 8430 or email lottery@loros.co.uk. Alternatively, you can visit any LOROS shop. Tickets will be available from mid March until the closing date of Saturday 25th May.

Don’t delay, join in today for a wonderful winning opportunity.

First prize
£8,000
or a VW up!

Second prize
£2,000
or a HOLIDAY

3 x third prizes
£250
or a TV

Fourth prize
£100

PLUS

5 x runner up prizes
£50

Hurry, you could win a £10 M&S Gift Card!