

LOQEX NEWS

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TEAM LOQEX ARE GETTING FIT OR WILL CRY TRYING

**It's been a tough year
& we all need a good
laugh.**

Team LOQEX have decided it's time to get fit, give everyone a good laugh and raise some money for a worthy cause.

So, with very little preparation, and very questionable fitness, we have decided collectively, (been suckered in by our Ops manager) to take on the Santa Dash for The Myton Hospice.

Every December the Myton Hospice put on the 'Santa Dash' where anyone can don a festive Santa suit & beard and run, jog or walk 5km around Leamington Spa.

Even the LOQEX pets are getting involved.

On Sunday 11th December, The LOQEX team & friends are taking on the 5km run in a bid to raise some much-needed funds.

And so it begins, the competition is on! Who will cross the line first?

What does the winner get I hear you ask?

... Bragging rights - until the end of the year....

I know, we set the bar really high on this.

Make sure to keep up to date with our training progress & injury updates, by following our LinkedIn page here:

<https://www.linkedin.com/company/logex-ltd>



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How can you help?

'Everyone matters for every single moment of their life.'

Every year The Myton Hospice support thousands of people living with terminal illnesses, focusing on enhancing life when a cure is no longer an option.

Their work centres on patient wellbeing and involving them in decisions about their own care, and most importantly, giving them more quality time with their loved ones.

Not only do the hospice care for their patients, but they also support their families too.

From as little as giving them a bed to stay in or supporting in grievance counselling.

To find out more on what The Myton Hospice do, you can look at their website here:

[The Myton Hospices](#)

Each year The Myton Hospice needs to raise a massive £9.1 Million to sufficiently provide their services.

With the cost of living rising, we know how hard it is to be able to offer regular donations. But if you can spare even £1 it makes a massive difference.

If you would like to make a donation to The Myton Hospice and show your support to **TEAM LOQEX**, you can do so here:

<https://www.justgiving.com/fundraising/loqex-santa-dash2022>

We would love to see you there!

If you want to come and support us in our efforts, or if you just want a good laugh come along and join us at Victoria Park, Leamington Spa, Sunday 11th December. Race starts at 10am!

More details can be found here [The Myton Hospices - Events - Santa Dash 2022](#)

WHERE YOUR DONATIONS GO...



£25

is the daily upkeep cost of our relatives accommodation



£50

could fund two hours of specialist nursing care



£80

could fund a child to attend five bereavement counselling sessions



£106

covers the cost of one Myton at Home visit



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Why The Myton Hospice?

In her words, our Ops Manager details her experience of The Myton Hospice.

August 2019 will stay with me forever.

Mum was less than a year from her cancer diagnosis and it was not getting any easier.

Everyday there was a new struggle, a new pain that went unexplained, a new fear that became reality.

Then came the day, we hoped would never come. We could no longer care for her at home. We weren't experienced enough. We didn't know what we were doing, I was her daughter not her doctor.

But there was no escaping it, a decision needed to be made, and a promise was being broken.

The next day we were sat in a room at Myton Hospice in Warwick, waiting to meet another doctor, to tell us nothing we didn't already know & to add more medications to the 60+ she was already taking daily.

What came, was something extraordinarily different. Each and every person to come to mum's room were amazing. Whether they were doctors, nurses, or the loyal volunteers who offer their time to bring round tea & biscuits. They spoke to mum about anything and everything. She knew exactly what was going on when it came to her care, and she had a say in exactly what was happening.

Unfortunately, that night mum took a turn, and it wasn't looking good. 5 of us descended on the hospice, silently crying, sitting, waiting.

Not once did anyone ask us to leave, nor were we made to feel like we were in the way, or a nuisance.

We were offered accommodation to sleep in. The food menu was brought to us every day with the offer to order from the kitchen for a small fee. We were allowed to play mum's favourite music and the team would come join in the 'fun'. They would sit and listen to us tell stories of mum and her mishaps. She was forever finding ways to get herself into trouble & she was proud of it.

Every night was the same thing, mums breathing would shallow and regulate, shallow and regulate. This was it. It was just a matter of time. Time we never wanted to come. But of course, it did.

Just a mere week after going in, at 3am whilst we all slept in various different rooms. The nurse quietly and calmly said the words we were all dreading.... She's gone.

Peacefully in her sleep with just dad by her side. That was it, my world shattered.

Even though we knew it was coming, it didn't make it easier. Even though mum had only been there a week, the team were there with us through everything.

They sat with us, tissues in hand.

No details went unnoticed, no questions went unanswered.

Nothing was too much. We were given time to ask questions. We were given answers and information, we were offered counselling and multiple sources of support.

If anything, everyone at Myton had more human interaction with us as a family than they did with mum as their patient. The care we were shown as a family was impeccable. Why would they care so much about us when we're not the patient?

The truth is, you are a patient, just indirectly. You still need looking after, you still need caring for, you still need supporting, as individuals, as a family.

End of life care is something so heart-breaking yet beautiful in its own special way.

To have the right people surrounding your loved ones, caring for them like they were their own family. It takes a special kind of someone to do that.

Dedicated, empathetic, loyal. That's what I saw first-hand.

They don't get the recognition they deserve.

They really are the unsung heroes in this world. They deal with so much on a daily basis and don't ask for anything.

All they want, is to ensure they can give the best care, when people need it the most.

I know for me and my family, we could not have asked for a better group of people to be there for mum and support us during our most difficult time.

If all it takes is running (ok, let's be real, jogging) 5km dressed like Santa. I'll give it my all to help raise some much-needed funds for the hospice.



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