



OUR MISSION IS TO MAKE A POSITIVE IMPACT WITHIN OUR COMMUNITIES AND TO PROVIDE ASSISTANCE TO THOSE WHO NEED IT.

OCTOBER NEWSLETTER

Welcome to October, Beautiful Souls!

As the crisp autumn air settles in, we're excited to share this month's updates from The Healing Hubs!

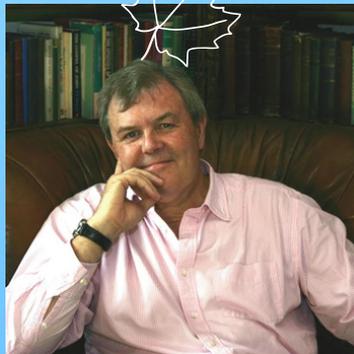
October is a time of change and renewal, and we have plenty of inspiring ways to help you nurture your well-being.

One of the highlights this month is our Laughter Yoga Training! We're thrilled to offer this unique opportunity to dive into the healing power of laughter.

As always, we are here to support you, whether it's through connecting at The Meeting Places, joining one of our workshops, or simply embracing the small moments of peace in your daily life.

Wishing you a joyful and restorative October, filled with laughter, love, and light! ❤️

With love from THH'S Team



EVENTS PAGE

Our The Healing Hubs events page is your go-to spot for all the latest happenings!

Stay up to date on what's coming up and how to get involved.

Make sure to check back often for new updates and opportunities to connect with our community!
<https://thehealinghubs.org.uk/events>

OUR PATRON

We are so incredibly excited to welcome Jack Sheffield as our Patron of The Healing Hubs charity!

For those who don't know, Jack is a fantastic British author who's written a popular series of novels about a school headmaster in a fictional Yorkshire village.

We are thrilled to have Jack on board to support our mission of mental health and well-being. His energy and love for community make him the perfect fit, and we can't wait to see how he'll inspire and support our work!

[www://](https://thehealinghubs.org.uk)



BEFRIENDING TRAINING

We are offering Free Befriender Training on 17th & 24th October, from 7:30-9:30pm via Zoom. This is a fantastic opportunity to learn how to provide emotional support and companionship to those in need. Becoming a Befriender can make a significant impact by offering a listening ear and helping to combat loneliness in your community.

To reserve your spot, please email hello@thehealinghubs. Don't miss this chance to make a difference!



OCTOBER WHISPERS..

October whispers with golden leaves,
A season of change carried on the breeze.
Crisp air fills our lungs,
the skies turn bright,
As days grow shorter
and soften the light.

It's a time for reflection,
a time to renew,
To gather our strength
as the old makes way for
the new.
With laughter and
warmth, we welcome
the glow,
October's beauty is a
gentle, peaceful flow. 🍂



LAUGHTER YOGA LEADER TRAINING - JUST TWO SPOTS LEFT!



We are thrilled to let you know we have two spaces left for our upcoming Laughter Yoga Leaders Training this October, and we'd love to offer them to our community!

The training kicks off with a pre-session on **24th October** via Zoom, followed by a full in-person day on **26th October**, from 8:30am to 5:30pm at the Salvation Army Hall in Alton.

We'll also be providing a delicious lunch to keep you fueled throughout the day.

If you're looking for a joyful way to bring more positivity and connection into people's lives, this is the perfect opportunity.

Don't miss your chance to join us—email us for more details if you're interested!

THINGS TO LOOK FORWARD TO!

We've got some exciting events coming up this festive season!

Our annual visit to Winchester's Christmas Market is on the horizon—date TBC!

And don't forget to mark your calendars for our Christmas dinner on 16th December at the Aldershot Traction Club, where we will enjoy a festive meal together.

If you're interested in joining us for either event, please reach out to Sharon at sharon@thehealinghubs.org.uk or Marianne at marianne@thehealinghubs.org.uk. We can't wait to celebrate the season with you!

