



OUR MISSION is to make a positive impact within our communities and to provide assistance to those who need it.

September 2024

Hello, You Beautiful People!

Welcome to September's edition of The Healing Hubs newsletter!

We've got some **exciting updates** and **new initiatives** to share with you this month, and we can't wait for you to dive in.

Here's a sneak peek at what's inside:

Our Laughter Awareness Campaign Launch

Find out how you can get involved and help us go viral!

Festive Day Trips Coming Soon!

Stay tuned for more details!

Two New Projects to Support Community Wellbeing.

As always, we are so incredibly grateful for your support and enthusiasm as we continue to grow and explore new ways to uplift and connect our community.

Enjoy this month's newsletter, and don't forget to share the love!

With Gratitude and Joy,

The Healing Hubs Team

LAUGHTER AWARENESS CAMPAIGN

We have developed a year-long **Laughter Awareness Campaign** starting on September 1st, 2024, and ending 31st August 2025.

This campaign encourages individuals to record themselves laughing for 1 minute and share it on social media or with us for our website.

We are aiming to involve celebrities and make this campaign go viral.

Our ambitious goal is to raise £1,000,000 to support the training of laughter yoga leaders across the UK, facilitated by Laughter Yoga Master Trainers and associates.

Join our Laughter Awareness Campaign and experience these benefits firsthand!

Let's spread some joy and laugh together, and make a **BIG difference to others!**



Did you know that just **1 minute of laughter** can do wonders for your **body and mind?**

Laughter is a simple yet powerful tool for relieving stress and improving overall wellbeing

Here's what a single minute of hearty laughter can bring:

- Reduces Stress and Anxiety**
- Boosts the Immune System**
- Improves Heart Health**
- Acts as a Natural Painkiller**
- Builds Connections and Positivity**
- Boosts Mental Clarity and Energy**

So the next time you find yourself feeling stressed or needing a pick-me-up, remember that just 1 minute of laughter can have a big impact! It's a quick, easy, and fun way to boost your mood and health

no special equipment required



WHAT'S NEW ?

ADVENTURES AWAIT!

We're also excited about some new adventures! With two newly trained minibus drivers on board, we're planning to organise day trips for our members throughout the next year.

We'll kick things off with a couple of smaller trips over the Christmas period to get started. Watch this space!

Southampton Meeting Place

We have recently taken over the Wednesday Meeting Place project at Pilands Wood Community Centre in Southampton, previously run by The Happy Healing Hut.

This project has been generously funded by the NHS and Eastleigh Southern Parish Network.

We are incredibly excited to run this Meeting Place and are aligned with Our Mission Statement.

LAUGHTER YOGA

We're super excited to bring more fun and laughter into our programs by training our team to become Laughter Yoga Leaders.

Our Fabulous Leader, Sarah has just completed a four-day Laughter Yoga Teacher Training and with these new skills, she is ready to teach the rest of our team and others how to lead these sessions.

Our plan is to sprinkle a little bit of this joyful practice into all our Meeting Place's and Warm Hub's projects every week.

AUTUMN'S WHISPER

Leaves of amber, gold, and red flutter down as the wind weaves a whispered song through forests thick with autumn's touch.

Crisp air fills the shortening days under a fragile, fading sky, where the fields are kissed by morning frost and the harvest moon casts its silver grace.

Fires crackle and embers glow as evening settles in slow and calm, while autumn's breath sweeps gently across the earth, lulling it into peaceful sleep.

SIGNPOSTING PAGE

Our Signposting Page is a complimentary resource that offers details on community groups nationwide that provide similar wellness services to our Meeting Places. The main goal is to link individuals with the assistance they require while upholding our commitment to fostering resilient, linked communities. To learn more, click on the icon below.



THE HEALING NETWORK

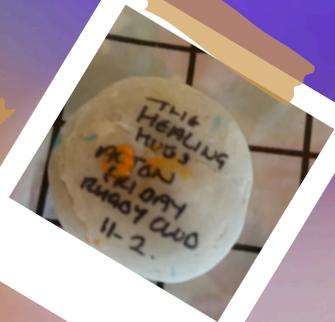
The Healing Network Page showcases professionals providing wellbeing services. While this service is free of charge, we do ask professionals to meet with us, possess insurance, and exhibit a positive, professional track record that resonates with The Healing Hubs' mission and values. For more information, please click the icon!





Summer life!

A sneak peek into
the delicious food
we prepare and
enjoy, as well as the
crafts we create at
our Meeting Places
& Warm Hubs.



OUR SERVICES

Befriending calls - Monday - Sunday

MONDAY - Meeting Place, 11-2pm, The Traction Athletic Club,
Weybourne

TUESDAY - Warm Hub, 10-12pm, Orchard House, Alton

WEDNESDAY - Meeting Place, 11-2pm, Pilands Wood Community
Centre, Southampton

FRIDAY - Meeting place, 11-2pm, Alton Rugby Club, Alton.

No need to book just pop along!