



WELCOME TO THE HEALING HUBS NEWSLETTER

We want to thank each and everyone of you, we couldn't do any of this without you.

You are our Angels on the ground.

We want this to be YOUR Newsletter so tell us what makes you happy and let us share in your joy and successes.

You will find information on topics such as mediation techniques, self care tips and ways to promote our mental and physical health as well as well as work related information

Our goal is to provide you with resources and inspiration to help you on your journey to live a healthy and happy life.

Thank you for being a part of The Healing Hubs family

BEFRIENDER TRAINING

Our next Volunteer Training day will be held on the 3rd June Zia zoom.

This is for those who would like to become a Befriender working alongside others 1:1 and befriending calls. Please contact Sarah to register.

A LITTLE OF OUR HISTORY

The Healing Hubs was founded in 2022 and is dedicated to providing support and resources to those in need. We provide Meeting places for people of all ages, to come together for friendship, companionship and activities, providing a safe space that encourages connections, friendships creating happiness, comfort and a sense of belonging.

These Meeting Places are vital within our communities

Our mission to make a positive impact with our communities and to provide assistance to those who need it.

MEETING PLACE ALDERSHOT



Aldershot Meeting Place, Traction Athletic Club, Aldershot who meet on Mondays at 11am-2pm and have been running for 3 years providing 13,000 hours of community support.



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THANK YOU DAY

On July 7th, The Healing Hubs will be participating in Alton's Second "Thank You Day" along with other community organizations.

This day aims to bring families, friends, and neighbors together for a day full of fun, laughter, and connection from 10 am to 5 pm. The event is open to everyone and free of charge. We are currently seeking donations for our stall. If you have any clothes or nice bric-a-brac items to spare, please feel free to reach out. Your contributions would be greatly appreciated.

Additionally, we would be grateful for any assistance in setting up, running the event, and helping with the clean-up afterward. Your support in any form would be warmly welcomed.

ROCK N' ROLL FUNDRAISING DANCE, AUGUST 31ST 6PM TIL MIDNIGHT

How about enjoying an evening of dancing and entertainment? The Rollright Stones will be performing at the event, guaranteeing a wonderful time. Your presence at this fundraising dance will help The Healing Hubs in sustaining the essential Meeting places that offer assistance to others. A cold buffet is included. Tickets are £30 per person
Bank Transfer to Mr Francis Williams sort code: 11-03-06 account no 12670760

KIND HAND EXERCISE



When was the last time you showed kindness to yourself? When did you last speak to yourself with love and compassion?

Did you realize that placing your hand on your chest activates the same brain region as receiving a hug? Keep it there and simply breathe.

Concentrate on slow, deep, and purposeful breathing to experience relaxation and tranquility.

FIND YOUR PEOPLE

They are out there you know
waiting to be found or even just to be
seen
perhaps they are hiding in plain sight?

When you do find them
they will like you on impact
just as you are

because they are your people.

How will you know when you come
across them?

It's a little fizz
a tiny little spark of something
that zips unseen between you.

A soul recognising another.

Stop trying to be liked
by those who don't see your worth
chances are they never will.

And stop trying to be something you
are not.
lest your soulmates pass you by.

Find your people
they are out there you know
and they need you too.

it's chemistry.
Fell them out.

by Donna Ashworth
from 'I wish I knew'

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