



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

August 2024

Community Highlights!

Good Causes

Hello You Wonderful THH Community,

As August begins, we hope you are enjoying the British summer, finding moments to relax and rejuvenate amidst the mix of rain and sunshine.

Firstly we want to Thank you for being an essential part of the THH community. We really couldn't do this without your continued support! so again
THANK YOU!

Right now, we're focusing on our fundraising efforts to support our Meeting Places and Warm Hubs

We're always looking for more Befrienders and Volunteers. If you'd like to help out, please email us at

hello@thehealinghubs.org.uk.

Take care and stay connected!

With Love, Kindness, and Compassion,

The THH Team



Callum, the son of Nikki Leggett, a Service Delivery Manager, at Staffordce Ports has impressively raised a fantastic £415 for us by conquering the UK's highest rollercoaster challenge at Thorpe Park!

WELL DONE CALLUM! 🏆
We are incredibly grateful.

If you would like to donate to Callum's cause, please click on the photo. Thank you for your support!



Keep on Running...

Our wonderful Team, Sarah, Laura, Dan, Hannah, Kathryn, Joe, and Sophie are set to participate in The London Vitality 10k on the 22nd of September!

Let's send them our best wishes and hope that luck accompanies their adventure!

Feel free to tap the Vitality image to explore the Just-Giving page!

We're thrilled to share that we've been chosen as beneficiaries of both Rushmoor's and East Hampshire's Lotteries!

We're also on the lookout for volunteers to help us sell tickets.

Your support means the world to us!

For more information and how to donate please click the links below!



SUMMER

Golden sun and skies so blue,
Fields of green, morning dew.
Warmth and laughter fill the air,
Summer's magic everywhere.
Memories are made, cherished and true!

Seeking...

Are you a **Preschool, School, or Community Group** that would benefit from Laughter Yoga workshops?

Laughter yoga mixes laughter with breathing exercises for a fun, stress-busting workout.

It's all about sharing good vibes and boosting your mood while staying active. It's a great way to connect and feel good together!

If yes, please reach out to us
hello@thehealinghubs.org.uk

Befriending Calls

We are accepting befriending referrals. So if someone knows someone who could do with a friend at a difficult time in their life- get in touch with us.



If you enjoy shopping and supporting charities, sign up for easyfundraising! You can shop and help us at the same time.

just click the above



WE NEED YOUR HELP!

Looking for Mini Bus Sponsors

We're on the hunt for sponsors to help fund our Mini Bus, which will get people to our Meeting Places and Warm Hub.

These Meeting Places are all about connecting with friends, having fun, and tackling loneliness, which is so important for mental health.

Fish and Chip Shop - We're hoping a local fish and chip shop could donate a lunch once a month. This would help us keep providing hot meals and drinks to our members

Any Supermarket's out there - We're also looking for a supermarket to donate breakfast items for our Warm Hub on Tuesdays.

Yoga/Dance Teachers - would you be interested in donating a session for our members?

Art & Crafts - Do you have any spare arts and crafts supplies? We would gratefully accept them!

Help us keep these vital services going.
Thanks you for considering us!

Social Prescriber

We will be launching a social prescribing page on our website in Sept- signposting support and services in local areas. So if you or your organisation would like to be included in these services. Please get in touch

Hello@thehealinghubs.org.uk

PHOTO GALLERY



Just a peek to show
our wonderful
members & volunteers
having fun!

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, Southampton

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

**Monthly Laughter Yoga, In collaboration with MHA,
on 21st August, 10-10.45 am, at Alton Salvation Army.**

All welcome, please book via Sally Green: sally.green@mha.org.uk

Join us for these events to connect with the community, find support, and enjoy uplifting activities