

DECEMBER 2024

CHARITY NUMBER 1201382



The Healing Hubs

MAXIMISING YOUR MENTAL HEALTH

EMAIL: HELLO@THEHEALINGHUBS.ORG.UK



Member 2024

Hello You, Beautiful Community!

Reflecting on a Year of Impact

As the year draws to a close, we want to take a moment to celebrate **you**, our wonderful community, and the incredible journey we've shared.

At *The Healing Hubs*, our mission has always been to create safe, confidential spaces where people feel heard, supported, and connected.



. Together, we have made a real difference in supporting mental health and well-being, as well as helping us to combat loneliness.

Here's to a December filled with Warmth, Kindness, and the power of Togetherness, where everyone feels welcome, heard, and supported.

THH's Team ✨



DR MADAN KATARIA

We are overjoyed to welcome the Father of Laughter Yoga, Dr Madan Kataria, as the second Patron of The Healing Hubs, alongside our Lovely Jack Sheffield!

Dr. Kataria's incredible work in promoting joy, mental wellness, and community through Laughter Yoga aligns perfectly with our mission. His guidance will be invaluable as we continue creating spaces where laughter and connection thrive. Welcome Dr Kataria!

A HEARTFELT THANK YOU! ❤️

As the year draws to a close, we want to take a moment to express our deepest gratitude to each and every one of you.

Your support, whether through attending our groups, volunteering, donating, or simply spreading the word, has been invaluable.

Together, we have built a stronger, more connected community.

You have helped us create safe spaces where laughter, companionship, and hope thrive.

Thank you for being part of The Healing Hubs family.

Here's to continuing this beautiful journey together in the year ahead!



JOIN US FOR CHRISTMAS DINNER

Date: Friday, 20th December

Venue: Alton Rugby Club

Time: 12:00 PM – 2:00 PM

Christmas Menu

Main

- Norfolk Turkey with all the trimmings: stuffing, pigs in blankets, roast potatoes, and seasonal veggies

Desserts

- Traditional Christmas Pudding with custard
- Chocolate & Pear Trifle

Cost: £12.50 per person

With only 50 spaces available, don't miss out! .

For bookings, contact Sharon at sharon@thehealinghubs.co.uk.



THE HEALING HUBS ACHIEVEMENTS IN 2024

What a Year for THH's!

Hello You AMAZING Community!

2024 has been full of milestones for The Healing Hubs:

- **Meeting Places & Warm Hubs:** We have grown our Meeting Places & Warm Hubs spaces, offering support, companionship, and laughter.
- **Silent Storm:** Our new men's mental health group launched in Aldershot, providing a safe space for men to connect weekly.
- **Laughter Yoga on the Move:** We have taken Laughter Yoga to schools and communities, spreading joy far and wide.
- **Training Programs:** THH's became an official training provider.
- **Community Events:** From band nights to festive dinners, we have helped to create moments to bond, laugh, and celebrate.
- **Fighting Loneliness:** Most importantly, we have created spaces where everyone feels heard, valued, and part of something special.

A huge thank you to every single one of you for making this journey possible! 🧡



SOUTHAMPTON

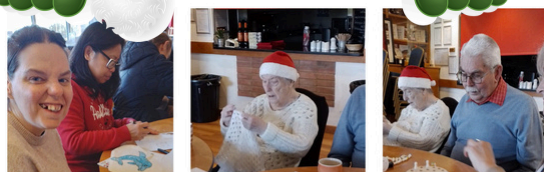
PHOTO GALLERY

CHRISTMAS CLOSURE
DAYS

• Orchard House

24th & 31st December - Closed

• Aldershot - 30th December - Closed



ALDERSHOT



ALTON RUGBY CLUB



ALDERSHOT



BOURNE COURT

