

NEWSLETTER

Spring / Summer 2014

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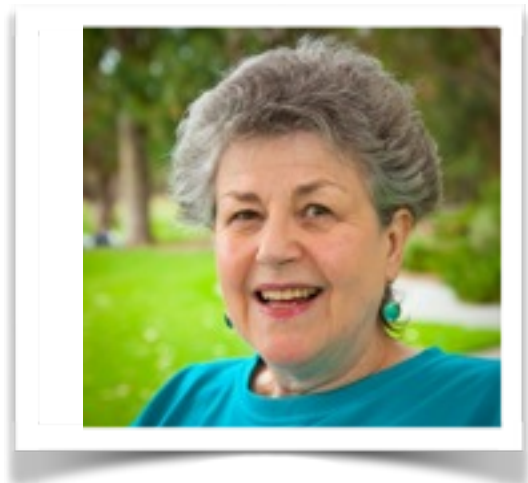
Laughter Yoga moving ahead in leaps and bounds! by Janni Goss, President of Laugh WA Inc

President's Report for AGM - 2014

Welcome everyone to the AGM of LaughWA for 2014. At our last AGM in 2013 we were delighted to invite several new members to our committee, which has truly invigorated it. As a result, we have held two strategic planning meetings at the Clubhouse at Faulkner Park Estate, which Annie has facilitated, in addition to committee meetings. The LaughWA 2014 Strategic Plan focussed on:

LAUGHTER CLUBS – both Metro and Regional. New Laughter Clubs have been initiated in Mandurah, Ellenbrook, Fremantle and Belmont. We have an outreach contact in Darwin as well.

TRAINING – Community, Leaders and Corporate. Trainings were held at the Loftus Community Centre on 2nd November 2013, and at the Quintilian School on 22nd February 2014 and the 24th May 2014. In addition, Kimmy held an Advanced Training on Saturday, 30th November 2013 to assist people to take Laughter Yoga to the next level and gain more confidence and expertise. The final Training for 2014 is planned for 23rd August at the Quintilian School. These Trainings are a team effort by members of the committee on a voluntary basis, resulting in funding going direct to LaughWA to purchase resources such as manuals, DVDs and t-shirts for the Trainings. My thanks to everyone involved in contributing to registrations and to the Trainings.



MARKETING – Media, Word of Mouth and Website. The new website went live in 2013 and is regularly updated by Kath and Tony Robinson. There is a variety of useful information available including profiles of all those members who are available to do presentations about the benefits of Laughter Yoga. A new and colourful brochure was designed and printed this year, the design based on our website and undertaken by Tony Robinson in collaboration with Kath and Janni. It invites people to visit the website to access relevant information. It has been made available to all committee members. A new documentary has been produced by three Film and Television students from Edith Cowan University.

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WE WHO LAUGH.....LAST!!

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They started filming on World Laughter Day, which was held in Kings Park as usual, and included great footage of Laughter Yoga and several interviews, all edited together very effectively. We are currently undertaking the production of a new DVD of media clips to be available for the Trainings and this documentary will be an excellent addition. Kimmy was recently interviewed on ABC Radio 720 and is following up on enquiries that resulted.

The Belmont Laughter Club has been advertised by the City of Belmont in the local newspaper, the Southern Gazette, and via emails and posters as part of their Term 3 Activities. The newsletter compiled by Kath continues to be a significant contribution to LaughWA. Members have been very committed to sharing all their great success stories to make the newsletter both colourful and interesting – so thank you all very much!

The newsletter is provided at each Training and hopefully inspires our new Laughter Facilitators. It is also available on the LaughWA website.

EVENTS AND PROJECTS – LaughWA was delighted to be part of the Carers Big Day Out on Monday, 14th October 2013 to celebrate National Carers Week 13-19 October 2013. This event was held at the Scarborough Community Centre and provided a range of information for carers about support and advocacy services. Speakers and entertainment were included, and of course Laughter Yoga! The annual Laughter Wellness Conference was held in Sydney on 19th-20th October 2013, which was attended by Peter, Annie and Kimmy, who gave a presentation to much

acclaim and was sponsored by LaughWA to attend. World Laughter Day was celebrated on the 4th May 2014 in Kings Park and has been immortalised in a documentary as aforementioned!

PARTNERSHIPS – Corporate, Charity and Wellness. We realise that for LaughWA to be more effective, we need to generate partnerships. Annie already has a strong connection with Camp Quality, HBF has been approached but is not currently interested and Lifeline, Beyond Blue, as well as some corporate organisations may be approached in the future. We plan to apply to Lotteries West for a grant in the future following the auditing of our financial affairs. Future strategic planning meetings will focus on this, as well as applying for a grant from COTA for Seniors Week in November 2014.

Finally, it can be seen that LaughWA has had a very successful year, thanks to all the committee members who have contributed in so many diverse ways. I look forward to your future collaboration and commitment as we plan, work and laugh together to put Laughter Yoga front and centre to generate wellbeing for West Australians!

Janni



News from Ellenbrook Club *from Annie Hill*

Meeting each Monday at the Aveley Community Centre, Bolero Drive, Aveley, we have a small but faithful group enjoying the benefit of laughter, including building relationships, good health, humour and the ability to reduce stress in our every day life.

I have recently connected with several local community groups and will be conducting laughter sessions for the Ellenbrook Seniors Group, the Aveley playgroup and the Library during their Health and Wellness Week.

Peter Schupp and I have also strengthened our relationship with Camp Quality providing Laughter Yoga sessions with two businesses: Ceiling Solutions and Clipsal as an introduction to their partnership with Camp Quality where "**Laughter is the best medicine**"

Laughter shared is Happiness Doubled.....Annie Hill

"Laughter Yoga Updates" from Janni

Two articles in Weekend papers (16-17 August) were on the subject of Laughter.

Phillip Adams wrote in the WE Australian magazine. Robert Drewe, who extolled the benefits of laughter and quoted from the LaughWA website, wrote in the West Australian liftout.

I decided to send a letter to each paper to acknowledge the articles and to reinforce the benefits of Laughter Yoga. It will be interesting to see if they are published!

My own experience last Thursday reinforced my belief in the value of Laughter Yoga to restore wellbeing. I was invited to do a session at the end of a Seminar on Post Traumatic Stress Disorder (PTSD). Prior to my presentation there were three vivid and disturbing accounts of PTSD and I felt my energy and mood sink to around zero! However I rallied and did my presentation, involving the audience in Laughter Yoga and discovering at the

end that my wellbeing had been restored, and hopefully that of the audience as well!

A joint grant application with the Loftus Community Centre has been submitted to COTA for Seniors Week (9-16 November). Funding has been requested for a Laughter Lunch for seniors at the Centre, as well as three Laughternoon Teas at Residential facilities in the City of Vincent. Mental Health Week (6-12 October) provides another opportunity for Laughter Yoga practitioners to get involved!

Information about the upcoming Laughter Wellness Conference in Brisbane in October is now available on the Australian website - www.laughteryogaaustralia.org The New Zealand Conference (13-14 September) has now been finalised as well, and information can be accessed via the Australian website.

Laughter Yoga continues to be a topic of interest and a significant contribution to health and wellbeing.

We Who laugh....Last!

Benefits of Laughter Yoga Compare To Aerobic Activity, But Without The Aches And Pains from Sebastien Gendry

Physical fitness stemming from laughter is a benefit known to few. Laughter is a recognized form of low-impact cardiovascular exercise. It jogs our internal organs and is particularly important for people who lead a sedentary life, seniors as well as bedridden or wheelchair-bound people (not to say that it also makes working out fun, not tedious!) [check out Sebastien Gendry's website....www.laughteronlineuniversity.com](http://www.laughteronlineuniversity.com)

The Vision of Laugh WA

That all West Australians know and experience the benefits of laughter

NEWS FROM DOROTHY SCOTT

Hearing people laughing and having fun always has the effect of bringing joy to my heart and this is what I experienced when during the last few months I presented Laughter Yoga to four ladies groups: The Willetton Sai Centre, The Melville Women's Fellowship, The Anketell Women's Fellowship and The Fibromyalgia Support Networking Inc . The majority of the ladies attending these groups were 50+, full of energy and enthusiasm and made me feel very welcome. All of this helped make it all the more enjoyable for me while I took them through a Laughter Yoga session, finishing off with my yoga relaxation and meditation session.



As a result of these recent Laughter Yoga Presentations I have decided to focus my energies in presenting Laughter Yoga to the 50+ age group and instead of sometimes fretting about ageing - spreading the word through Laughter Yoga that **AGEING can be FUN!!!! YEAH**

At Laugh WA's recent AGM I agreed to act as Membership Secretary and Workshop Coordinator for the next year, both roles I have enjoyed as a volunteer for the past couple of years. Also as a Laugh WA committee member I look forward to working alongside our energetic committee members in spreading the word of Laughter Yoga to family, friends and the community.

YES - LAUGHTER IS THE VERY BEST MEDICINE

News from Deb Fforde



Heathridge Laughter Club We have a great group of people at Heathridge Laughter Club and hope they keep coming. We are always grateful to have new members but value the members we have greatly. We lost a few over winter but look forward to their return in the SPRING. It is so nice to see people grow into friends who are not afraid to laugh for no reason. This is a special gift you are given by attending a club. Watching your laughter friends drop their guard and be open to laughing for the goodness of their health and community is such a pleasure.

love to all from Deb and Kath

News from Luke Be.....

Creative Expressionismmmms is a new not for profit organisation that aims to use creative expression, laughter and play to improve health and wellbeing in the community. We do this by providing a variety of fun presentations, workshops and services to corporate, community and social groups.

These presentations and workshops can be separated into the following Three Categories "Health and Wellbeing", "Creative Expression" and "Play".

To find out more about us please check our website for details or Phone Luke Be on 0401 356 563



News from Grant Stone



I received a phone call out of the blue on Monday 29th July from Channel 9 asking us if we wanted to do some 'live to air laughter' at Loftus Community Centre at 7 o'clock the next morning!

Channel 9's producer Lisa Fernandez's idea was to brighten up the drab and depression of winter and firstly to talk about it at 7 a.m. and then to give a group demo at about 8.20 am.

Six fellow laughers came along to get the message across. Lisa was a terrific presenter and we were able to talk about Laughter Clubs in WA, Benefits of Laughter, Who attends Laughter Clubs, How popular are clubs etc. What happens if we don't laugh and How much should we laugh! We were able to oblige with some rowdy exercises and talk about the health benefits for everyone who laughs!

It was great publicity for Laughter Clubs..... come along and join us soon.....

News from Rosemary Williams.....

Each week the Bunbury Laughter Club has around 8 - 10 participants, which is good.

I conducted a LY Session for VisAbility (formerly Blind Association) on 2nd July and the Neurological Council on the 31st July and will be with them again on the 8th October.

On Thursday, 21st August I will be with the staff of Wesfarmers Insurance at the Lord Forrest Boardroom, as an "anti-siesta" device after lunch.

Our new facilitators and Laugh WA Committee members taken at the last training workshop in May 2014.



WE WHO LAUGH.....LAST!!

News from Peter Schupp



A huge thank you to all 25 people who came to the Great Gratitude Experience in August. We shared a packed laughter session followed by a cup of tea and a bikkie while we were all given the chance to publicly thank a special person or thing in our lives. It was an amazing result with tears of joy for us emotionally inclined clubbers, ha ha the club has been buzzing with great numbers and results.

On a corporate level I have been giving icebreakers for the CBA, teacher groups and to a Father/Daughter breakfast conference for MLC. All are astounded at the level of benefit of our beloved Laughter Yoga. Until next time.. See you at the Karrinyup clubPeter Schupp – The Laughter Guy



A Revolutionary Approach

Laughter Yoga regroups a large variety of safe, gentle and FUN simulated laughter techniques that all can learn, use and benefit from, into a comprehensive whole to enhance one's wellbeing. You don't have to be happy. We do not rely on jokes or comedy. It is most valuable and applicable in everyday life and in business because laughter is a proven, reliable and sustainable wellbeing solution that offers a valid approach to key elements of peak performance such as stress release, improved communication, cooperation and team-bonding, innovation and creativity, and a positive work environment.

see [Sebastien Gendry's newsletter for more information](#) ...www.laughteronlineuniversity.com



Facilitator Training

We look forward to welcoming our next group of Laughter Yoga facilitators to Laugh WA. Our next workshop is on 23rd August 2014.

Regular training workshops are held to promote more Laughter leaders to provide presentations for clubs and schools, as well as corporate and private events. Through Laughter Yoga we build healthier minds, bodies and communities.

Contact Dorothy for enquiries 9339 8517 or email

dorothys@laughwa.org.au



News from Kimmy

Hooley Dooley!! What a magic time it's been for Laughter lately. Freo laughter club has such a wonderful venue at Off the Wall Yoga Centre. It's warm, comfy and we even have coloured lights that can change to all colours of the rainbow. We have a core group of around five at the moment, it has reached 20, and I am hoping it will grow as people hear more about it and the warmer weather arrives.

Dorothy has been coming along to support me and she is on fire! So many new exercises she has been sharing with us that definitely get a giggle and a snort from me and the others. She says Cooper, her Grandson, is the inspiration, which just goes to show that playing with the children in your life can keep you creative and young. Thank you Dorothy for your much appreciated and enjoyable support.

I had an enormous group of 78 people at my disabilities group at PCYC and forgot to take my PA system! I felt like I was trying to be heard over a herd of elephants! I had lots of new participants and some of the old ones were coming up with their own exercises. It's a bit like controlled chaos and is a great way to learn to let go of pomp and pageantry. Nothing is ordered and everything is unexpected. If you try to hold onto order you would lose and definitely not be laughing.

There are so many ways to lead a laughter session and a facilitator must be flexible and aware of the different needs and idiosyncrasies of each group. You cannot be rigid in your style and delivery, let the participants lead you to where they want to go. Be aware of the energy of the group, so you know what exercise is needed next, do they need a breath or a change in direction? Don't be persistent in following a set routine. To be a good facilitator you need to tune into everyone in your group, keeping them safe, while leading them into a place they feel confident and open in.

I have been in Fitzroy Crossing for a couple of weeks, enjoying staring at nature and having boat rides down the Geikie Gorge. My friend is a Ranger there and I was able to take the opportunity to stay with him. Sleeping under the stars in a swag and sitting around the campfire, so relaxing and life enhancing.

I took the opportunity to do some laughter Yoga with the Rangers there, which at first they found a little awkward but then got into the swing of it. I left our beautiful new brochure on their message board, just in case they feel like another session!

I am very excited as next week I have a gig with the Regional Executives of WFI which is the insurance branch of Wesfarmers. As some of you may know, it's been a vision of Laugh WA to get Wesfarmers interested in Laughter Yoga so that we could get laughter out into the regional communities. We have wanted to train people and create new clubs to help combat depression and suicide that has been so prevalent in the farming communities.

I plan to give them the facts and figures of the benefits of laughter, tell them of the vision and get them all to participate in a fun and fulfilling session. I am hoping for a positive outcome that brings a sponsorship and support to help farmers through their times of despair. Fingers crossed!

HOO ROO from Kimmy

P.S. The gig at WFI was awesome and they want me to email them about our vision of getting Laughter Yoga into the regional communities.



LAUGHTER CLUB LOCATIONS

AUGUST/SEPTEMBER 2014

PERTH LAUGHTER CLUB: Loftus Community Centre (Cnr. Loftus and Vincent Streets, Leederville)
Meets every second Wednesday 6.30 p.m. to 7.30 p.m. - Enquiries: Grant 0412 170 665 or email -
grant@laughwa.org.au (next meetings September 3rd and 17th, October 1st, 15th and 29th)

KAIZEN WELLBEING LAUGHTER CLUB: Karrinyup Community Hall, Davenport Street,
Karrinyup at 7 p.m every Tuesday. All ages welcome. Enquiries ring Peter on 0408 944 815

HEATHRIDGE LAUGHTER CLUB: Heathridge Leisure Centre, Sale Terrace, Heathridge
Meets every fortnight during school terms. Monday 10.30 to 11.30 a.m.
Enquiries to Deb email: jtlaugh29@yahoo.com (next meeting Sept 1st and 18th, Oct 13th and 27th)

HILTON LAUGHTER CLUB: PCYC, 32a Paget Street, Hilton. This is a class for a mix of people with
disabilities but everyone welcome. Wednesdays from 10 – 11 a.m. Enquiries to Kimmy on 0428 831 722

FREMANTLE LAUGHTER CLUB meets weekly at Off the Wall Yoga Centre, 89 Petra St (Cnr. Canning
Highway), East Fremantle. Fridays from 7.15 p.m. to 8.15 p.m. Enquiries to Kimmy phone: 0404 732 324

NEDLANDS LAUGHTER CLUB Seniors Affinity Club meets second Wednesday each month at 97
Waratah Avenue, Dalkeith from 10.30 to 11.30 a.m. Enquiries to Patricia on 9386 6170

BELMONT: Ruth Faulkner Library, Progress Way, (Off Wright Street), Cloverdale. Meets Weekly
on Tuesdays from 2.30 to 3.20 p.m. - contact Janni on 9277 7922 or check website

STIRLING LAUGHTER CLUB Stirling Civic Gardens, 2 Cedric Street, Stirling (Park is located next to train
station) Every Saturday morning 9.30 to 10.30. Free Event (Donations welcome) Bring mat or rug to sit on.
Enquiries to Luke Be on 0401 356 563

AVELEY/ELLENBROOK LAUGHTER CLUB Aveley Community Centre, Bolero Road, Aveley. Every
Monday 7 to 7.45 p.m.. Participation by donation to Camp Quality. Enquiries: Annie Hill on 0419 840 225

BUNBURY LAUGHTER CLUB: Bunbury Library Activity Room, Parkfield Street, Bunbury. All
welcome. Meets Saturday mornings 10 – 11 a.m. Enquiries: Rosemarie Williams on 0409 553 786

MIRRABOOKA LAUGHTER CLUB: Every Ability Laughter Yoga Herb Graham Recreation Centre,
"Billabong Room" 38 Ashbury Crescent, Mirrabooka **NEW CLUB** every Tuesday starting 29th July from
10 a.m. to 11.30 a.m. Cost: \$10 (Support staff for participants with special needs are free) Suitability: This
session is part of our disability inclusive social program and is open to all ages and ability levels.
Enquiries to Luke Be on 0401 356 563. email: creativeexpression@live.com

MANDURAH LAUGHTER CLUB A new venue will be found for winter months - contact Jan Lucas for
details on 9583 5058 or 0437 808 235

Visit our web site for more information www.laughwa.org.au

WE WHO LAUGH.....LAST!!