



## Winter warmer newsletter 2015



**We Who Laugh ... Last!**

**by Janni Goss, President of LaughWA Inc.**

Another year has passed very quickly, and it is time again to review the events of 2014/2015 prior to the AGM on Saturday, 27th June. Guided by our Strategic Plan, we have held several committee meetings, some after the Perth Laughter Club on Wednesday evenings. Other more intensive meetings have been held at the Clubhouse at Faulkner Park which, being combined with lunch, have been very effective, as well as sociable!

### **Laughter Yoga Trainings**

These have been held at the Quintilian School in Mt Claremont, which provides an excellent venue with appropriate amenities. My thanks to Kath and Dorothy who do much of the work behind the scenes to book and organise trainings which are very much a team effort. The trainings are conducted on a voluntary basis and provide funds for LaughWA to invest in resources for the training, as well as banners, brochures and t-shirts. Our most recent one-day training was held on 21st March and was followed by a two-day training by Merv Neal, CEO of Laughter Yoga Australia. It was decided to review our training and this was undertaken by myself and Kimmy to provide a more consistent and practical approach. Kimmy has provided Advanced Trainings as well, which have proved very beneficial to building competence and confidence. The committee is planning to explore the possibility of a two-day training in future, either on one weekend or with the two days split by several weeks. It has been decided to place several relevant videos on our website rather than create a new DVD for the Training. Trainees are encouraged to visit the Laughter Online University created by Sebastien Gendry, CEO of Laughter Yoga America, which has numerous free resources, plus a range of memberships with extra benefits for online learning. Our next training will be on Saturday, 13th June 2015.

### **World Laughter Day Perth**

We were blessed with a beautiful sunny day on Sunday, 3rd May (World Laughter Day) as we shared Laughter Yoga with many of the people enjoying picnics at the Synergy Playground, Kings Park. This year marks the 20th Anniversary of Laughter Yoga, which was celebrated with several conferences in Europe and India. We were very aware that thousands of other Laughter Club members around the world were also sharing Laughter Yoga in their communities to bring Health, Joy and Peace to the world. We were delighted with the turnout and especially appreciated the members of the Bunbury Laughter Club joining us.

## **Strategic Plan**

Our first meeting this year was held at the Clubhouse on 21st February 2015, and there was discussion about succession planning which will be ratified at our 2015 AGM. Peter has taken on the role of newsletter editor and successfully provided his first edition for the March training. We have several additional members to our committee with a wide range of skills and a great deal of enthusiasm. The number of Laughter Clubs was increased in 2014/2015 to 12, including new clubs in Yallingup and Cockburn. The objective of forming a partnership with an appropriate corporate charity or health organisation is yet to be realised. However, there are increasing referrals to LaughWA from corporate, health, ageing and mental health organisations. We have successfully had our finances audited which will lead the way to applying for a grant from Lotteries West, and a Grants Committee will be established.

## **Laughter Yoga Conferences**

The Annual Laughter Wellness Conference was held in Brisbane in October 2014 and Peter was sponsored to attend by LaughWA Inc. As a follow-up, a special meeting was held at the Clubhouse to allow Peter to share his experiences at the Conference. One significant presentation was a report on the successful outcomes of introducing Laughter Yoga into a dialysis unit in Victoria. The professor Paul Bennett who undertook the research has very enthusiastically recommended that Laughter Yoga be introduced into all dialysis units in Australia! This year the Conference will be held in Adelaide from 8-11th October, including one day of half-day workshops, a one day conference and a weekend retreat for Laughter Yoga practitioners. Once again, LaughWA will encourage local members to attend.

## **Media**

This year both Kimmy and Peter have had articles about the benefits of Laughter Yoga published in Western Australian newspapers. Grant's radio interview prior to World Laughter Day brought a number of people to join in and experience Laughter Yoga. On the 7.30 Report, Laughter Yoga was also recently featured. Rosemarie in Bunbury also obtained excellent coverage with multiple photos on the new online Planet Bunbury. Well done!

## **Have-a-Go Day**

LaughWA will be represented at Burswood Park on Wednesday, 11th November 2015. This event is primarily for seniors and we have booked a stall and will be able to do several Laughter Yoga sessions during the day. A roster will be organised from 8.00 am - 3.00 pm for committee members to attend. At a recent Seniors Expo in Melville, Cathy provided a stall and great publicity for LaughWA and her own Laughter Club in Cockburn, as well as presenting a Laughter Yoga session as part of the program. These opportunities to connect with and inform the public about the availability of Laughter Clubs and the associated benefits are welcome.

Finally, I wish to thank all the longstanding committee members of the Committee, as well as acknowledge the enthusiasm of our newer members for sharing the benefits of Laughter Yoga with the community in WA. At our AGM there will be an opportunity for newer members to take on executive roles. More experienced members will be happy to act as mentors to ensure that LaughWA and its members continue to flourish.

## **We Who Laugh ... Last!**



### **BUNBURY LAUGHTER CLUB NEWS FROM ROSEMARIE WILLIAMS**

#### **facebook Bunbury Laughter Yoga Club**

\* Each Saturday we consistently get 10 participants at the Bunbury Laughter Club in the Activity Room at the Library at 10am.

\* In March Penelope McCall and Miranda Divine attended the Facilitator Training Day.

\* Julien, Janette and I attended World Laughter Day at Kings Park on Sunday 3rd May and had a joyous, fun-filled time with the Laugh WA clan.

\* On Saturday 16th May I had a 10-minute interview on the breakfast program on ABC South West, which was also broadcasting to the Great Southern i.e. Albany, Mt Barker etc. Two women have come to the Club as a result.

\* During the months of April, May and June I have conducted a laughter session with the frail-aged residents of Regis Forrest Gardens Nursing Home.

\* On the 27th June at the Bunbury Campus of Edith Cowan University I will be bringing the health benefits of laughter to the attendees at a "Pathways to Literacy" Conference.

\* Seniors Have a Go Day is happening in Bunbury on Sunday 8th November from 10am to 2pm and I have been attending monthly planning meetings since February.

\* If you are heading down south for the weekend, please pop in and have a good belly laugh with us.



photo above courtesy of Daniel Wilkins from The Sunday Times

## **News from Kimmy**

Hooley Dooley !! Laughter Yoga is in the Perth Museum!

At the beginning of the year some of you may have seen the article in the Sunday Times featuring people who had overcome adversity in their lives and are using laughter and positive thoughts as a way of life and sharing it with others.

he photographer Daniel Wilkins came to the PCYC Disabilities laughter club to take photos of us all having a great laugh and lots of fun. Daniel entered the photos in a competition and the won their segment. They are now being displayed at the Perth Museum. WOWSERS!

Slowly but surely laughter is being taken seriously and becoming more in the forefront of people's health regimes. It is getting more media coverage and interest is rising.

Annie Hill's son Tom has been filming and interviewing facilitators at clubs and World Laughter Day at Kings Park for his school assignment. He came to East Fremantle club and took some footage of us enjoying some fun, frivolity and wellbeing. We know he will do very well with his creation and at the same time promote laughter yoga.

At East Fremantle club, Dorothy and I welcomed Cathy Hewitt to our team of laughter facilitators. Our club runs weekly and is growing each month with new laughers coming to share some giggles. We all have different styles, so our participants are treated to a great range of diversity from straightforward exercises, inner child focus, to a trip to India! All are welcome and we especially invite new facilitators to come and try out their new laughter skills on us all.

On 27<sup>th</sup> June we have our AGM with some important topics on the list for growth and exposure of our modality of health and wellbeing maintenance. We will also be voting in some new executives and committee as our long serving members would love to see some new ideas and visions come into fruition. So please come along with all your enthusiasm and energy to help contribute to your club, so that the desires you have about your club are fulfilled.

Let's get together and make a difference

YAY!! From Kimmy



## **Peter Schupp - Kaizen Wellbeing - Lifting Energy**

There is never a dull moment for the Kaizen Wellbeing Laughter Club. We are loving our new venue at the Trinity North Uniting Church Hall 89 Marlock St Greenwood! Its big but still cosy and the results have been exceptional. We are so lucky to have the opportunity to facilitate a system that WORKS! My neighbor told me he has increased his confidence from attending my Laughter Yoga sessions which he did not expect. He now wants to take singing lessons that he has been putting off forever. Life changing results!! Or as my business implies "continuous small improvements toward a better life"

Kaizen Wellbeing has been buzzing with activity!! There are so many opportunities at every door. Laughter sessions have a huge flow on effect and we are blessed to be asked back to the same clients to get that same amazing result.

My training with Merv Neal in March provided a wealth of information, which will continue my laughter path with confidence. I was given a huge opportunity helping Merv facilitate a laughter session at the Crown Casino here in Perth. It was great to be part of a session other than my own and learn his unique style and as expected, witness the epic results.

I look forward to continuing my role as newsletter editor of LaughWA News and encourage anyone in the laughter community to feel free to submit any news that is laughter related. Find me on [peter@kaizenwellbeing.com](mailto:peter@kaizenwellbeing.com) or 0408944815.

Yours in Laughter

Peter Schupp



## **Dorothy Scott's Laughter Yoga News**

My Vision at the beginning of 2015 was to focus on taking my Laughter Yoga Sessions to Senior Groups in the South of the River Community and to date have had the opportunity of putting this into action.

Since March I have been running a Laughter Yoga Session every second Wednesday morning with a small group of ladies who are in the very early stages of Dementia and these are going really well.

It has been a great learning experience for both myself, and the ladies. Initially laughing, while doing childlike exercises, was such a new and daunting experience for them. We are beginning to get to know one another and laughter is becoming more spontaneous with every new session. Singing with actions is very popular, as well as the "Ho Ho Ha Ha Ha" clapping mantra and the "Very Very Good" playfulness mantra between the exercises as well as lots of breathing exercises. Particularly enjoyable with this group are the Relaxation and Meditation sessions.

It is such a pleasure to take Laughter Yoga to these ladies and I am learning so much from them. With loss of memory generally, the oldest memories go last.

In April I was invited to do a one hour Laughter Yoga Session for the Fremantle Parkinson Carer's Group and as soon as I walked into the room where this was being held I felt a positive and cheerful atmosphere. I was greeted most warmly by everyone and the Laughter Exercises had everyone laughing heartily, which also made me feel good. Don't know who had the most fun, the participants or myself!!!!

I have had received some very positive feedback from this group and as a result have been invited to do a Laughter Yoga Session with a group of seniors later on this month, which I'm looking forward to.

I have also been assisting Kimmy O'Meara at the Fremantle Laughter Club and continue to enjoy being part of the team at Perth Laughter Club

email: [dorothys@laughwa.org.au](mailto:dorothys@laughwa.org.au)



## **Luke Be - News from Creative Expressionismsismms**

Hello Everyone :)

Over the last few years we have had an amazing adventure sharing laughter in the community.

Now, as we continue to grow, we are very excited to announce the start of new adventures with new Every Ability Laughter Sessions in Canning and Guildford and a very special Day of Laughter Workshop in North Beach.

### **Day of Laughter Workshop**

10:00am to 4:00am Sunday 5th July 2015

Henderson Environmental Centre, Star Swamp Reserve, Lot 709 Groat Street, North Beach WA 6020

Cost: \$45 per person

Very good very good YAY!!!!

Details of my new sessions are listed below.

Together we can create our world,

For more details, or to register your interest, please contact us either by phone 0401 356 563, by email [creativeexpression@live.com](mailto:creativeexpression@live.com) (<mailto:creativeexpression@live.com>) or through our social media pages.

## **TWO NEW CLUBS STARTING IN JUNE 2015**

**WILSON/CANNING LAUGHTER CLUB** Every Ability Laughter Yoga – Canning Starts 10:30am to 11:30am Thursday  
25th June 2015 Wilson Community Hall, Corner Braibrise Road & Armstrong Road, Wilson WA 6107 Cost: \$5 per person

**GUILDFORD LAUGHTER CLUB** Every Ability Laughter Yoga – Guildford starts 10.30 am to 11:30am Monday 29th June 2015 Guildford Town Hall, Corner Meadow & James Streets, Guildford WA 6055 Cost: \$5 per person For more details please contact Luke Be by phone 0401 356 563, by email [creativeexpression@live.com](mailto:creativeexpression@live.com) or through our social media pages.

## **Laughter Clubs Locations List as at 11/06/2015**

**Try a new club, grab a group of friends and make a night of it!!**

### **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. -(next meeting 24th June)

Enquiries: Grant 0412 170 665 or email - [grant@laughwa.org.au](mailto:grant@laughwa.org.au)

### **KAIZEN WELLBEING LAUGHTER CLUB:** Our Laughter Club has moved!! New Venue: Trinity North Uniting Church Hall, 89

Marlock Road, Greenwood Same time....7 p.m. every Tuesday. All ages welcome. Enquiries ring Peter on 0408 944 815

### **HEATHRIDGE LAUGHTER CLUB:** Heathridge Leisure Centre, Sail Terrace, Heathridge. Meets every second Monday 10.30 to

11.30 a.m. \_\_\_ Enquiries to Deb email: [ffdebjoy@gmail.com](mailto:ffdebjoy@gmail.com) (next meeting 22nd June 2015)

### **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 617

**STIRLING LAUGHTER CLUB:** Free Laughter Yoga - Winter Season. In Rain, Hail or Shine!! 9.30 to 11 a.m. every Saturday morning in Stirling Civic Gardens, 2 Cedric Street, Stirling. Enquiries to Luke Be on 0401 356 563 or email: [creativeexpression@live.com.au](mailto:creativeexpression@live.com.au)

**AVELEY / ELLENBROOK LAUGHTER CLUB:** Enquiries: Annie Hill on 0419 840 225

**YALLINGUP LAUGHTER CLUB.** Rivendell Estate Amphitheatre, 1172 Wildwood Road, Yallingup. Every Tuesday 9.45am for a 10 am start. Busselton Club starting \_\_\_soon on Friday mornings - Enquiries to Jacqueline Curwood on 0415 662 052

**BUNBURY LAUGHTER CLUB:** Bunbury Library Activity Room, Parkfield Street, Bunbury. We meet on Saturday mornings 10 – 11 a.m. During School Terms \_\_\_Gold Coin Donation with enquiries to Rosemarie Williams on 0409 553 786 or email: [rosewilliams@westnet.com.au](mailto:rosewilliams@westnet.com.au)

Facebook: Bunbury Laughter Yoga Club

**MIRRABOOKA LAUGHTER CLUB:** Every Ability Laughter Yoga - Herb Graham Recreation Centre, "Billabong Room" 38 Ashbury Crescent, Mirrabooka. every Tuesday\_\_ from 10.30 a.m. to 11.30 a.m. Cost: \$5. 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](mailto:creativeexpression@live.com)

**COCKBURN LAUGHTER CLUB:** Cockburn Integrated Health Health, Suite 14, 11 Wentworth Pde, Success. Meets every Wednesday at 6.30 p.m. starting. More venues coming soon. Enquiries: Catherine on 0416 081 211 or email [cathy1.hewitt@gmail.com](mailto:cathy1.hewitt@gmail.com)

**MANDURAH LAUGHTER CLUB:** On the eastern foreshore grassed area at the end of the Smart street Mall. Sunday mornings in the summer months. \_\_\_contact Jan Lucas for details on 0437 808 235 email: [janmay@iinet.net.au](mailto:janmay@iinet.net.au)