



**Bexley & Dartford Branch**

Pam Childs 020 8303 8971

**Bromley & Croydon Young Onset Support Group ( Tremorlows)**

Chair Bob Taylor 0208 302 8165

**03/03/08**

**BEXLEY LAUGH-4-FUN 2008**

**Bexley's First Laugh-4-Fun to be held in Belvedere**

The Laughter Network and Local Parkinson's Groups have teamed up with Belvedere Baptist Church to bring you Bexley's first ever "Laugh-4-Fun"

This groundbreaking new event, gives anyone the opportunity to take part in a Laughter Session, and while you are enjoying yourself, you are also helping others by your generosity.

The Laugh-4-Fun coincides with Parkinson's Awareness Week, and will take place in the

Church Hall THE BELVEDERE BAPTIST CHURCH,  
50 NUXLEY ROAD (opposite Lloyds Bank)  
UPPER BELVEDERE  
Wednesday April 9<sup>th</sup> 2008 at 1.pm

The Laughter sessions will last approximately 45 minutes, starting at 1.pm with a suggested donation of £10 (PDS members f.o.c.) So why not come and spend your lunch break or afternoon having fun, it is great for de-stressing, and making you feel more energised.

There is so much stress in our modern society, that many of us have forgotten how to laugh or can't find anything to laugh at. **Laughter is a great way of relaxing and makes you feel happier.** There will be NO JOKES - just natural joy. You will learn about the health benefits of laughter, positive psychology, and be encouraged to be a little more playful and have LOTS OF FUN! Laughter removes inhibitions and as a result we feel happier, lighter and more confident.

The health benefits of laughter are well researched - Laughter stimulates endorphins, the 'happy hormones' which give us the feel good factor, increases respiration and circulation, reduces high blood pressure and the stress hormone cortisol, as well as being a fantastic workout for the whole body. Most amazingly the immune system which fights disease is boosted by up to 40%!

It is the physical act of laughing that is the important message, because laughter is the ultimate universal language. Choosing to laugh because it is good for our health connects us with other people. You can chuckle, chortle, titter, guffaw, Ha, Ho, Hee or Hoo. It's all good for you, and that's what counts.

The Laugh-4-Fun was the idea of Bob Taylor, who took part his first Laughter session three years ago, and found the experience so totally uplifting, that he immediately signed up to train with the Laughter Network.

Bob says "The laughter session made me reflect just how serious we can make life by worrying about things that may never happen. I realised that

every situation gives me a choice, and I now choose to be happy much more often. "

Bob who was diagnosed with Parkinson's disease in 1998, has given Laughter Sessions to various Parkinson's Groups, in an effort to make the members feel more positive about their lives.

There are approximately 120,000 people in the UK who have Parkinson's and 10,000 people are diagnosed with the condition every year. The Parkinson's Disease Society (PDS) is the UK's leading authority on all aspects of the condition. The charity campaigns for a better quality of life for people with Parkinson's. The PDS provides field staff and local information and maintains over 330 branches and support groups.

Since 1969, the PDS has spent more than £30 million researching the causes, prevention, treatment and cure of Parkinson's disease. The PDS also aims to improve the availability and quality of services locally and nationally, including the development of Parkinson's Disease Nurse Specialist posts across the UK.

The PDS runs a free phone national helpline [0808 800 0303 Monday - Friday 09:30am - 09:00 pm and Saturday 09:30am - 05:30pm] that provides advice and information to all people affected by Parkinson's.

For anyone wanting more information on Parkinson's Disease there will be representatives from the Bromley Support Group with information on The Parkinson's Disease Society. There will be an opportunity to talk to people about The Laughter Network.

BOOK YOUR LAUGH-4-FUN SESSION ASAP by contacting  
Bob Taylor on 0208 302 8165 or email; [uniquewatercolours@talktalk.net](mailto:uniquewatercolours@talktalk.net)

For more information on :-

The LaughterNetwork :

Julie Whitehead : 07973 164 369 [www.laughteryoga.co.uk](http://www.laughteryoga.co.uk) or  
[www.laughternetnetwork.co.uk](http://www.laughternetnetwork.co.uk)

Parkinson's Disease

Parkinson's Disease Society 0808 800 0303 : [www.parkinsons.org.uk](http://www.parkinsons.org.uk)

PDS Bexley Branch - Pam Childs 020 8303 8971

PDS Young onset Gp- S.E.London- Bob Taylor 0208 302 8165

If you are unable to make this event in Bexley April 9<sup>th</sup> 2008

Bob is also staging one other Laugh-4-Fun Event in the L.B. of BROMLEY

This will take place at THE CHURCHILL THEATRE FOYER  
HIGH STREET, BROMLEY.  
on Friday April 11<sup>th</sup> 2008  
at 1.pm, 2.pm, & 3.pm

You will need to Book your Place ASAP by calling Bob on 0208 302 8165