



Our Latest News

"Laughter triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

Laughter protects the heart. Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems."

As quoted on the [National Library of Medicine](#)

We are expanding our team of Laughter Specialists to enable us to reach more areas and meet the demand of our services. We've been lucky enough to receive some funding from the National Lottery to be able to begin work within Age UK dementia homes. We have been visiting the wonderful residents at care homes in Barnet and Hendon. It has been a wonderful experience so far and our visits seem to leave the residents in very good spirits.

We are delighted and very excited to be now working at The Royal Free Hospital in London and The Royal Children's Hospital in Manchester. We recruit Laughter Specialists in these areas to save on travel time and costs and have been fortunate enough to have two new trainees in Manchester. It is great to watch them develop and see the impact they are having.

We are also doing lots of work in Scotland, where we are connecting with other charities and setting up our services. It has been great to work with the amazing Michelle Helly and her team from ASEL Amberstone Security (one of our corporate sponsors), who has helped us with various fundraising events and support our services going forward.

We are constantly reporting on our successes and recording our stories of the benefits laughter has had on some very sick and vulnerable children. Keep an eye on our website and social media platforms where we share these lovely

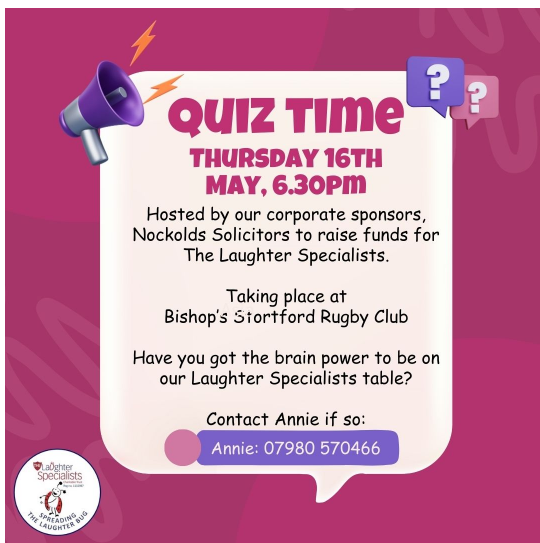
stories. We continue with our research projects to prove that the platform of laughter really works and this no doubtably helps are funders.

We are forever thankful to our Board of Trustees, Our Partners, Funders, Organisations & Team LS who are so dedicated and passionate about their work. We could not do any of this without you all - we can only operate with your belief and generosity that fund our organisation. Thank you also to all the families we meet on our visit, we just love being part of our journey's and bringing joy to you all.



Now working at Manchester Children's Hospital!

What a great few days we had at The Manchester Children's Hospital. Our first of many visits with our trainees De De and Emily. We did three days back to back visiting many wards and outpatient clinics. We're so excited to now be regular visitors at the hospital! Thank you to everyone who made us feel so welcome!



QUIZ TIME


**THURSDAY 16TH
MAY, 6.30PM**

Hosted by our corporate sponsors,
Nockolds Solicitors to raise funds for
The Laughter Specialists.

Taking place at
Bishop's Stortford Rugby Club

Have you got the brain power to be on
our Laughter Specialists table?

Contact Annie if so:
Annie: 07980 570466



Nockolds Solicitors Charity Quiz

Fancy joining our Laughter
Specialist table for an evening
of fun and laughter - and we
may even win!



WANTED

PATRON / AMBASSADOR

As we expand and have more Laughter Specialists in more areas, it is more important than ever to ensure we shout about the work we are doing - and we need YOUR HELP!

We are looking for 'Celebrity Ambassadors' to help spread the laughter bug further. Could this be you?

Are you someone in the public eye who is widely recognised and would like to support a slightly zany charity? Or perhaps you know of someone who may like to take on some charity support work? It doesn't have to be much, even just some support on social media can be enough.

To find out more please see our website or contact as below:



07980 570466



anniearis@thelaughterspecialists.co.uk



As we expand and visit children's hospitals, hospices and special needs schools across East Anglia, Essex, Hertfordshire, and Cambridgeshire and most recently The Royal Manchester Children's Hospital, we need help with finding an Ambassador / Patron to assist with a bigger footprint; help us travel to the four corners of the UK with our unique brand of Laughter Specialist skills, providing bespoke humour to connect and communicate to children often in the darkest of times.

Perhaps you may know someone in the public eye who is widely recognised for their charitable work and would like to support our slightly zany brand, helping us reach into the hearts and potential wallets of corporate sponsors at a regional and national level. Perhaps they have a proven track record of being a national role model whose inspiration encourages others to be aspirational, or they may have a connection to a child that could benefit from our services. From anecdotes to antidotes, big laughs require big-hitter supporters and donors to support our programme which is proven to work in reducing stress and anxiety levels for young patients and their parents.

If you know someone who may be interested in supporting to spread laughter across further regions, or indeed nationally, we'd love to hear from you.

If you would like to learn more visit <https://thelaughterspecialists.co.uk> or call Annie (Co-Founder) on 07980 570466 or email anniearis@thelaughterspecialists.co.uk




There are so many people to thank...

- A big thank you to our corporate sponsors [Argenbright Security Europe Limited - ASEL Amberstone Security](#) for their recent donation from their Christmas card appeal!
- Thank you to the woodland creatures of the amazing Red Riding Hood, performed by The Saffron Players. They shook our buckets and managed to raise £400 for The Laughter Specialists at their recent performances. A big thanks to Chloe Chapman, Lacie Thomas, Rowan Newell and Thea Wiseman. Your efforts will help us reach more children, enabling them to have some laughter and fun!
- A thank you to the landlord/lady, Ella & Mark at the Crown & Thistle Pub in Great Chesterford for their recent Christmas quiz, raising £509 for The Laughter Specialists, which was then match-funded by Barclays, making a total, of £1,114 - amazing! A thank you to Cathy, the quiz master and Steve who helped with writing the quiz, as well as those involved in fundraising on the night and Karen, who helped with organising raffle prizes.
- Thank you to the [Creamer Fund](https://www.creamerfund.co.uk/)

- We were also lucky enough to receive a donation from TV's Money Saving Expert, Martin Lewis - thank you!
 - Thank you to [Containerlift](#) in Great Dunmow for their continued sponsorship, enabling business developments & sustainable projects across the East Anglia region.
- There are so many people to thank, the list could go on forever. We thank everyone for all your support!

It's always good to hear about how our work helps...



CASE STUDY CANNULA INSERTION

We visited a 15-year-old on a children's ward at Colchester Hospital who had a history of ongoing treatment, with an illness that is still unknown, following many treatments and trials. As a person that regularly has cannulas inserted, they still found it very distressing, with their body going into 'stress mode'. Previous insertions had taken up to 14 attempts, leaving them feeling very anxious and terrified each time this procedure was required.

On this particular occasion, we witnessed a very emotional child, distressed at having to be in hospital again and needing a new cannula put in, and three others removed. The team of Laughter Specialists stepped in to try and remove some of the stress from the situation. Out came the balloon modelling and a guitar, which proved to be a huge success and great distraction.

The NHS staff started their work and focussed on getting the cannula into the child's hand whilst we continued with distraction techniques. We chatted, squeezed hands, played music on the guitar, laughed, and did some bad dancing for her - anything possible to ensure the child was relaxed, breathing calmly and smiling. Allowing them to feel safe and understood helped their body to relax and accept the procedure.

The child was amazing and in control, and after the third attempt the cannula was in - amazing! The child and NHS staff all said how much calmer the situation was with The Laughter Specialists present. One NHS doctor even commented that "by relaxing, this reduces the body's cortisol levels, therefore making the whole procedure much easier."

Science and statistics are proving more and more that laughter is the medicine needed more to enable people to cope and get better.



Give Us Your Feedback!



Please let us know your thoughts via our website!

<https://thelaughterspecialists.co.uk/testimonials/>

We need your reviews!

We visit so many children in so many different places and it would be great to hear what you think of our visits. This helps us share feedback with our staff and gauge what really works for the children. Please do take a moment and send us a review on our website!

WE'RE RECRUITING



Could you be our next
Laughter Specialists?

WE ARE RECRUITING!



Bring laughter to those that need it the
most - it's the best job in the world!

We are extending our team and need new
Laughter Specialists in London, Scotland
and Manchester



07980 570466



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cialists.co.uk



www.thelaughterspecialists.co.uk



Do you fit the role?

This is a very rewarding part time role which may fit in with your other work.



You need to be:

- Full of energy, have a sense of humour to recognise the benefits of laughter.
- Be able to improvise work with themes and hold your own audience.
- Be confident and professional at all times and follow the Laughter Specialists guidelines.
- Bring fun and laughter to some very sick and vulnerable children and young adults, including working in special need schools .

The job is unique and very rewarding to see the difference you make to the children, bringing huge benefits and satisfaction.

We are looking for experienced children's entertainers / actors / teacher play specialists / nurses / teachers etc, or entertainers who want to extend their roles.

Experience in working with special need children, young adults, sick ,vulnerable and terminally ill children an advantage. Ability to deal with those with complex needs.

Essential for the role:

- You need to be able to drive as you will make your own way to each establishment
- Updated DBS certificate
- Safeguarding children certificate level 1 (we can assist with this)

You will be trained through the bespoke Laughter Specialist training programme, before being a fully fledged Laughter Specialist and flying your own wings.

Please contact us if you require more information:



07980 570466



anniearis@thelaughterspecialists.co.uk

www.thelaughterspecialists.co.uk

We are always looking for donations, so if you wish to show your support then you can make a donation below.

We appreciate anything you can give.

Donate Now



The Laughter Specialists

Falcons, Park Road, Little Easton, Great Dunmow, Essex CM6 2JH

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