



As we near the end of another year, it's a good time to reflect and thank everyone for their support. We've worked with some wonderful children and families throughout the year and we continue to look for new ways to reach more children, even in the challenging times that charities face. We can't control what is happening in the world and the financial demands on all of us, but we can change how some very sick children are feeling and the impact on their families.

This year has been an extraordinary one for the Laughter Specialists Charity, filled with growth, challenges, and deep reflection. One of our standout successes has been training four new specialists to join our team, expanding our reach and ability to bring joy to those who need it most. Behind the scenes, our work would not be possible without the dedication of our backstage team. A heartfelt thank you goes to Sue, our Finance and Admin Lead, whose tireless efforts keep everything running smoothly. The consistent, constant hard work of our entire support team ensures the charity continues to thrive.

We are also deeply grateful for the unwavering support of our fundraiser Karen, as well as funders, donors, and those who have raised money on our behalf this year. Your contributions sustain our mission and help us grow, even during difficult times when funding has been a challenge.

This year has been one of reflection as well. We remember the children we've lost, cherishing the joy they brought to us and so many others. It was a privilege to connect with and work alongside them, and we hold their families close in our thoughts.

Looking forward, we remain steadfast in our commitment to meeting the needs of children, young adults, and elderly care recipients through our Laughter Therapy work. In hospitals, schools, and homes, laughter can be transformative - lifting spirits, easing fears, and bringing hope during the hardest times. We believe that everyone deserves more laughter in their lives, especially when they are vulnerable. Together, let's continue to make this vital work flourish and grow. Thank you for being part of this journey.



Christmas Car Lights

Thanks to Will Farru

A big thank you to Will Farru who has decorated his car in Christmas lights to raise money for The Laughter Specialists. This is fabulous! If you wish to support him, you can donate below.

Will's Fundraising



We've branched out into new areas this year too:-

- **The Royal Manchester Children's Hospital** where we have a new team working with lots of wonderful children and their families.

- **The Royal Free Hospital in London and Age UK homes.** It's been wonderful to work with the elderly, making big break throughs and seeing how beneficial our visits really are. They love seeing us and their smiles say it all as we enter the room. One patient commented “this is just the medicine we needed - a good laugh”. He took the words right out of our mouth. Laughter is the Perfect Tonic!

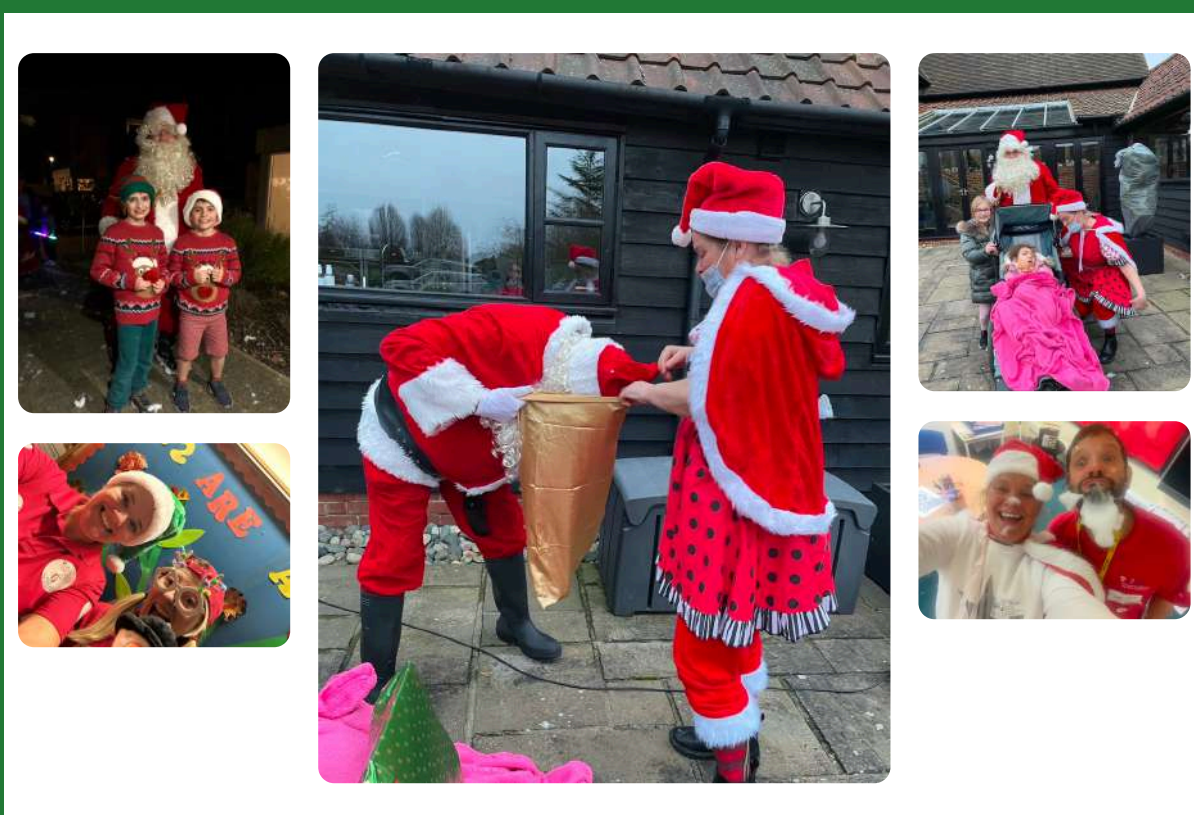


Recent funding successes:

- Essex Community Fund for their recent funding of £5000.
- A young lad whose cousin Oscar was a cancer patient at Addenbrookes Hospital for making chocolate cones for us to give to children over the festive season. He wanted to support a charity that could spread the joy of laughter.
- ACT for their recent funding.



SPREADING THE CHRISTMAS CHEER ON OUR TRAVELS!



CORPORATE SPONSORSHIP OPPORTUNITIES

Our trained therapeutic Laughter Specialists use humour as a tool to help children cope with their situation, providing a much-needed distraction from their worries and fears. Every day, we meet children who are bravely fighting battles that no child should ever have to face. They inspire us with their strength and resilience, but they also remind us of the importance and urgency of our work. As you read this, take a moment to think about the last time you laughed. The last time you smiled. The last time you felt joy. Now, imagine not being able to

experience these feelings, being trapped in a world where pain, fear and confusion are constant companions. This is the reality for many children we work with. The Laughter Specialists Charitable Trust is dedicated to bringing joy and laughter into the lives of these children, working within hospitals, hospices and special needs schools. Our mission is to transform their lives, making them feel loved and cared for, and allowing them to experience joy, even if just for a moment.

Laughter is so important for everyone, and has a huge impact on the health of a person, reducing blood pressure, releasing endorphins, boosting the immune system and overall sense of wellbeing. We see with our own eyes the difference a bit of laughter can do! 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.

The current economic climate is a challenge for everybody right now, but especially charities, with grants and funding criteria forever changing, we need support from corporate sponsors and donations. Please spread this message and consider supporting us and being a catalyst for bringing light and sunshine to children, often living in the dark.

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