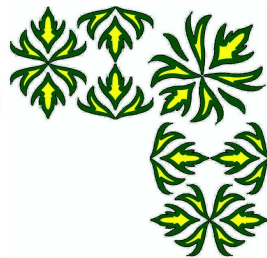


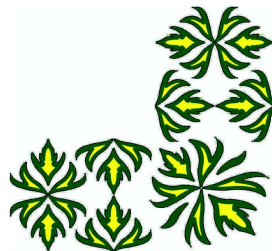
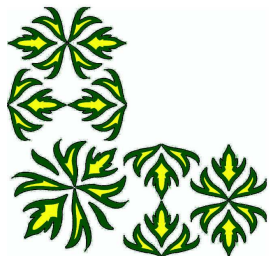
# *Hannah's Day* *2014*



*Will be on Saturday 26th July*

*from 3.30 pm till late*

Bring some food to share, a bottle  
and a friend if you want to





## WHAT HANNAH'S DAY'S ABOUT



If you haven't been to a Hannah's Day before and want to know why we hold it every year, read on. It's too easy to lose touch with people so this is my way of making sure that doesn't happen with anyone we want to keep in our lives, whether they be relatives, friends or people we've just met.

The day's named for my mum who lived with Nigel and me for the last 10 years of her life. Every year whilst she lived here, we made her a birthday party 'cos she loved to see family and friends. Her 100<sup>th</sup> was her last, made extra special with 2 parties.

I take after my mum, love parties and keeping in touch with everyone as much as she did. (I even used to put Collecting Friends as a hobby on job application forms.) When my mum died I needed another excuse for a party every year.

So Hannah's Day was born.



Every year since then, close to the date my mother gave up her body shell, we've held Hannah's Day. Each one different. All have been fun. This is the 10<sup>th</sup> Hannah's Day and we'd love it if you could be with us.





## ABOUT THE DAY



You can come any time after 3.30pm and stay till the end if you want to, or go away and come back again later. It's up to you. We're having an open house which will go on till late or even early the next morning. But if you're bringing kids and you want to stay till the evening, we'd appreciate it if you'd think about the other adults.

We're having a 'community picnic' again. The food's always great - some people really excel themselves and bring wonderful creations. All donations welcome so please bring along something you enjoy eating to share with the other guests.

If you've been to a previous year's Hannah's Day you'll know that we try to have something different every year. So what's on offer this time?

Well to start with Mel Bloch will be holding a Laughter Yoga session. Yes, you read that right. Laughter yoga. Starting at 4.15pm, you'll laugh for about 45 minutes.



Anyone can join in this great feel-good exercise. If you like laughing, or would like to bring more laughter into your life, you'll love this. I went to one, got the giggles and had tears rolling down my face.





## ABOUT THE DAY ...cont.



But that's not all. We've also got a Belly Dancing session with Chloe Wicks. Chloe says you'll be ok if you're a beginner or if you've had some experience. She'll provide hip scarves. I'll provide bottles of water. From 6.30pm, with bare feet, we'll wiggle our bellies for about an hour. Wear comfortable clothes if you want to join in.

Neither Mel nor Chloe are being paid for their sessions so please give each a donation if you join them. Talking about money, would you also give a donation to Woodfield School for Children with Severe Disabilities. They're fund-raising to get a hydrotherapy (sensory) swimming pool for the kids to use. One of these children is my great grandson Archie, so this is a cause close to my heart.

Please come along on the 26<sup>th</sup> July and help us make the 10th Hannah's Day the best one ever.



And whether you come or not, why not contact someone you don't often see to let them know that you think of them and care about them.

