

## ‘Happy hub’ opens

By  
Newsdesk

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Motivated Minds, an organisation that helps people with their mental health have opened their brand new Happy Hub in the Eastgate Shopping Centre in Basildon.



The new Happy Hub has been set up to provide a community wellness space.

Carla Andrews, who founded Motivated Minds in 2011 said: “We have set up the Happy Hub so people can come in for cup of tea or coffee and have a chat about things that are affecting them in their lives “This will follow on from our hub in Laindon, which is now closed but on a much bigger scale and it’s much more accessible for people to get to.”



The Happy hub was opened on Monday October 1 by Deputy Mayor Daniel Lawrence, who said: “I was delighted to open Motivated Minds which is a great idea and I know will become a highly successful local community project in the Eastgate Centre, helping people across South Essex live a happier and healthier life. “Pop along and be inspired or why not join in with one of their classes, youth clubs or workshops.”

“The work that Motivated Minds do in Basildon is well known and I wish the Happy Hub great success.”

A Spokesperson from Active Essex, who work alongside the team said: “Our congratulations go to Motivated Minds for opening the Happy Hub today. This will provide a great community space, providing mental wellbeing support and opportunities to be physically active. “

The opening hours are 10am to 4pm Monday to Sunday.

# Help

Motivated Minds now prides itself on being a complete lifelong health and wellbeing provider.

As well as the Happy Hub and workshops they also run a very popular and growing youth club, walk for wellbeing and empower me sessions. The team also hold weekend mediation workshops and even a relaxation spa day once a month.

Carla set up Motivated minds after suffering from mental health problems herself and realising that the NHS waiting list for treatment for mental health sufferers is very long and increasing all the time. Carla said: "I've had sufferers that have been admitted to A and E and should have been kept in for a few days and monitored but been sent straight home after being seen.

"I believe more community help is needed which we are here to do." Motivated Minds trades as a non -profit community interest company meaning all profits go back into community wellbeing across Basildon and the surrounding areas. They rely on funding from local sources.