



HAPPINEWS
for Frequent Flyers of Happiness

the
HAPPY CITY
initiative
www.happycity.org.uk

'Tomorrow belongs to those who can hear it coming' - David Bowie

RIP David Bowie - the spirit of creative adventure he promoted of course lives on...

We spent most of 2015 developing amplifiers to help more people hear tomorrow coming. Now we're preparing the stage for a string of exciting developments in 2016. Our audacious goal is to **grow happiness for everyone everywhere** - and with the help of people like you, we think we can make the dream a reality.

This year we'll improve tools for understanding and influencing city-wide wellbeing, we'll make the 5 Ways of Wellbeing even more popular and useful, we'll launch some cool campaigns with partners who's work inspires, and we'll become active in several other cities around the UK.

If you'd like to play an active part and travel on the journey with us, [let us know!](#)

Visit Our Website



New spaces at Happiness HQ

Know anyone who's hunting for a friendly, caring, affordable, central office space where everyone does their best to make the world a better place? Our Happiness Hub promotes a culture of wellbeing and supports people working for more than profit. We've got a great variety of useful connections here with exceptional knowledge about all manner of things and have jiggged things around to create 4 new permanent desk spaces - [visit us](#) if you'd like one - 1st floor, 38 Victoria Street, Bristol BS1 6BY

Some other cool stuff...

We really love this [podcast](#) by the fabulous [Philippa Perry](#) about the how powerful the stories are which we tell to and about ourselves, and how they affect our mental wellbeing.

Talking of which - this is gorgeous. [How people react to being called beautiful!](#)

We also adore [Maria Popova's Brain Pickings Weekly](#) on 'what matters in the world and why' - ALWAYS interesting, and right up our street...



Want to be in a documentary about Britain's friendliest workplaces? If you're a small independent company with a close knit team of 7 or more who'd be willing to let the cameras in - get in touch with [FreshOne TV](#). We've put the details at the top of the [FunkySpaces site here](#).

Tell us what you think....

The best newsletters are brilliant because they deliver something people love to receive - please tell us how we're doing, what you'd like offered more or better and we'll do our best to please!

It takes a lot of time, love, thought and resources to bring you this newsletter and to promote great work Happy City and others do to increase happiness. If you DO like what we do, please consider supporting us with a small monthly donation between a cup of tea and a hearty meal. Your gift, however small will lift our spirits and help us keep going - you can [donate here](#).

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