



# Joyage of Discovery



“Happiness is the only thing that multiplies when you share it” –  
Albert Schweitzer

We are here to help make your bum days a little bit brighter.

Read on to find out how!



Too many people are stuck in a rut.

“To try and be happy may seem like a selfish endeavour but it is actually a worthwhile goal to pursue not just for oneself but for our community.”<sup>1</sup>

# The Joyage of Discovery

**Join Polly & Dude on their UK tour of the most joyful places, projects and people in their future fun bus.**

The aim is to travel throughout the land seeking out the most inspiring, uplifting and joyful recommendations and stories from local communities and then to share them with the wider world, in turn inspiring others to take up the merry baton to share yet more joy! Think 'Challenge Anneka' of Joy if you will!

We will be galvanising local communities to share their happy news, inspirational stories, projects, unique skills and utterly bonkers festivals or activities and Dude and I will deep dive into them and the people who made them with interviews, podcasts, videos and blogs share them with the wider world inspiring others to seek out joy and make space for it in their lives. One giant joy-snowball.

Discover our world and get involved, either by lending a hand or learning a skill, suggesting a location or taking up a joy-sharing challenge as part of our Joy Scouts. Our focus is on community & positive participation with many ways to get involved.

## My name is Polly and this is my furry pal Dude Dog.

I have recently had to diversify from owning a colourful little shop, Little Bit Margate, to a new mission – **scouting for joy** and sharing it as far and wide as I can. In 2017 I opened a colourful shop (Little Bit) and BnB called Big Bit, which is like Pat Sharp's Fun House! Creating and curating joyful spaces for people was therapy for me, having suffered with extreme anxiety and depression since leaving my career as an actress years earlier. Surrounding myself with colour & community was paramount to me getting back on my feet and thriving once again. It was a healer for me to find these pockets of joy in our communities and



since closing the shop and after the mental battles over the past few years, I have realised my calling is to continue to seek out joy and share it. I have unwittingly done it all my life, sought out the silly. All my careers to date (a comedy actress, festivals and events management, retail etc.) have been about curating joyful spaces and lifting people's

moods. So bizarrely being a Joy Scout as a profession seems a pretty natural manoeuvre to me!

We are so excited to get started as I feel so very passionately that this is what I'm supposed to do! Finally all my careers make sense at the age of 39 🌍👉

Thank you for taking the time to read about my bonkers plans! Any insight, tips or encouragement along the way is dearly appreciated.

Love,

Polly & Dude 🌈💕

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