

Our FREE Monthly Prize Draw gives ALL SMILE Members a chance to win a £10 voucher for M&S! Recent winners have been Dave Tanner, Ram Panchal and Ozay Suleyman.

Please continue to support our weekly fundraising raffles, as this usually raises enough to subsidize our Pilates class or Holistic Therapy for that week! Good Luck All!

We've been busy promoting SMILE over the last few months. Working with Premier Concepts who run and service the advertising within the NHS, we now have adverts, some with leaflet dispensers, for the next two years in the main waiting areas in Preston Healthport, and the Minerva Centre, as well as the new Health Centre in Ingol. We have covered the areas of Chorley, Coppull, Leyland and Eccleston with adverts and leaflets in Health Centres in all of the above.

SMILE's website has also had a facelift, and is looking really smart and modern, and is now available to smart phone users! Let us know what you think!

SMILE's First Beginner's Week

As I mentioned in the last time, the committee got together with the staff from the Pain Management Department some months ago and the idea of a beginners week for patients that had just completed the IMPACT Course was born. The idea was to make a transition for patients from the Pain Management Department to SMILE, as walking in to SMILE for the first time can be a bit daunting! We made sure that our regular holistic therapist Gita and the British Red Cross massage services and Cath with her Pilates session were all happening on the same day, to give potential members a good idea of what would be of benefit to them at SMILE. Cath, Gita and Claire from the British Red Cross had all agreed to do a short talk as an introduction to their services available through SMILE.

We were all full of enthusiasm by the 2nd July, and Sue Dixon (the Pain Clinic's Physiotherapist) and Victoria (their Psychologist), joined us on the day, which was interesting for Victoria as she'd not been to SMILE before, but unfortunately they were our only visitors! Sue was a little disappointed that none of the patients from the IMPACT Course had come, but we all understand that you can't make people visit. But on the positive side, Sue, Victoria and Claire had all enjoyed the morning and went away knowing a lot more about us, saying that they would recommend SMILE to patients that they felt would benefit from being a member.

Our next Beginners Week will be 5th November, and hopefully we will have some visitors!

Please could you help SMILE with the following Collections? Morrisons, Riversway, Fri 3rd Oct, Booth's at Lane Ends, 24th Oct, Royal Preston Hospital, Fri 21st Nov, Chorley Hospital, Fri 28th Nov. Please contact the committee if you can help.

Social Evening, DJ, Buffet and Raffle Saturday 4th October 2014

We are again returning to the Fulwood Conservative Club on Blackpool Road, opposite the observatory in Moor Park, as the staff always look after us all so well.

This time we are having a buffet, and will be entertained by a DJ who'll play our sort of thing, recommended by Steve, the club's steward who uses him regularly.

This time we will be holding a bottle raffle, so please start to bring in donations, and remember it doesn't have to be alcohol, it could be lemonade or washing up liquid!

Tickets will be £10 each for all, members, family and friends, lets have a really fun and busy event, with something for all!

When Sue Dixon visited us on the 2nd July she brought SMILE some cash! Preston Pain Management Team, sell our handmade cards and copies of The Last Bus within the department, and they had raised £89.13 !!

At the new Booth's in Penwortham on the 13th & 14th June, our collection raised £269.20 !

Our collection at Tesco's, Leyland on 25th July raised a fantastic £164.33 !

The collection at Sainsbury's Deepdale on 22nd Aug, where we were short of collectors for the day and so were there for a shorter time than usual, raised a good £92.40 !

Asda Fulwood gave us a cheque for £50 from their Community Matters Scheme which we were nominated and voted for back in March.

About Coffee in Colne raised £21.75 with a collection tin by their till

I'm sure you will join me in thanking all those who donated their time or money for SMILE.

Dates for your Diary!

Cath/Pilates, Sept 17th, Oct 1st & 15th, Nov 5th & 19th, Dec 3rd.

Gita/Holistic Therapies, Book early!! Sept 10th & 24th, Oct 8th & 22nd, Nov 5th & 19th

British Red Cross Massage Therapies, £2 only Oct 1st, Nov 5th, Dec 3rd

Swimming at Ribby Hall, first Weds each mth.

NO SMILE Meeting on the 10th Dec, because it's our Christmas Meal, see right >>>>>>>>>>

SMILE Christmas Party 17th Dec, at St Martin's Church Hall. Committee will provide nibbles!

After that we are closed until Jan 7th 2015 !

Christmas Meal 10th Dec

Members voted a return to Fulwood Conservative Club for our Christmas Meal again this year, but we will be returning to our usual mid-week lunchtime, arriving for 1pm to sit down and eat at 1.30pm.

Michelle our usual DJ is coming along to entertain us for the afternoon, and the music through lunch will be low, so you can have a good old natter! We don't know the price yet but please contact the committee in the next few weeks for details.

Trip to the BBC Media City in Salford for a studio tour on the 10th March 2015!!

We've had to book this one well in advance because it is so popular. There are only 22 places on a tour and only 1 wheelchair user per tour, so if you'd like to go please book early.

We will leave St. Martin's Church Hall at 11am by coach, for the 12.30 tour, and leave Salford at 4pm to come home. Tickets will cost a reasonable £15 for members and £20 for non-members. Call the committee to book.