



**Your New Committee**

**Kath Holden, Chairlady,**  
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Station Zebra,  
8, Lancaster Street,  
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**Mark Pearson, Vice-Chair,**  
07900 195550



**Sue Baines, Secretary,**  
07702 599084



**Kate Banks, Committee**  
07908 819282



**John Davis,**  
Exercise Instructor



**Pat Dall,**  
Fundraising Co-ordinator  
01772 725684



**Mandy Fletcher,**  
Treasurer.

*S.M.I.L.E. Welcomes it's new committee!*

Hello and Welcome to SMILE's summer newsletter!

As your new Chairlady I would like to thank everyone for their support, encouragement and offers of advice that has been shown for all the members of your new committee. I would also like to thank all the members of last years committee for all their hard work and commitment throughout the year.

Having stepped into the Chair's position, I am very pleased to be joined by Mark Pearson as your Vice-Chair, and Susan Baines as your Secretary. We all work well together and with the continuing support and guidance of Kate Banks, John Davis and

Pat Dall, all with the valuable experience of committee life, we hope to continue to promote the profile of SMILE to an expanding membership and a wider public audience.

Together we have lots of enthusiasm and plenty of ideas to fund-raise and socialize and I would like to thank Mark for getting stuck in so soon, and organizing several social outings in the coming months. The first trip to Liverpool Albert Dock was so soon it was too late to advertise it here unfortunately, but we have plenty of others to tell you about!

We're also looking at providing other services for members like Chiropody.



Here's Pat Dall accepting a cheque for £750 on behalf of SMILE, from our Patron Dr. Max Fryer, who went well beyond the call of duty and gained sponsorship to climb Mount Kilimanjaro!

On the 12th June, Max came to present his cheque and a slide show all about his adventures, acclimatisation and fantastical trees, plants and flowers he saw along the way! Thank you Max!

*Kath*

**June was brilliant for large donations!**

- Our Patron Dr. Max Fryer presented a cheque for £750 from sponsorship of his Kilimanjaro climb.
- Our out-going Chairman, Alan Coupe received a £500 cheque from Mrs Barbara Holden (no relation!) and the Sequence Steppers Charity Dance Group.
- A cheque for £100 from Exeter Friendly Society as a result of Kath Holden applying for their charity funds by email.

*New Monthly Prize Draw for **ALL** Members!*

Being fully aware that not all members of SMILE are able attend our weekly meetings, around 50% actually, we would like to introduce a new monthly FREE Prize Draw that everyone has a chance to win!

The winning number will be drawn from the membership numbers at the first meeting

in each month starting in September, no raffle ticket needed for this one. So even if you are un-able to attend SMILE on a regular basis we might be able to make you SMILE if the winning £10 voucher drops through your letterbox!

All you have to do to qualify for the first draw and all those throughout the year, is pay for

your Annual Subscription by 1st September!

New members who join us throughout the year will also be added to the draw as they join. Our weekly fundraising raffles will continue as usual.

Good Luck everyone!!



*Don't forget our holidays!!!*



Remember, there will be no SMILE meeting on the 7th or 14th of August!  
(unless you're going on the Skipton Trip on the 14th of course!)

Every Weds 9.30-12 noon at, St. Martin's Church Hall, Off Broadway, Fulwood, Preston, PR2 9TH.

**Skipton and Lunch !**

**Wednesday 14th August,**  
Market Day in Skipton and a  
Fish and Chip Lunch at  
Bizzie Lizzies!

Skipton's a lovely place for a  
summer stroll, with it's mar-  
ket, shops, the Castle and  
cosy cafes and pubs!

£17.50 for members and

£22.50 for non-members,

Contact Mark for details on  
07900 195550.



**THE LAST  
BUS** by  
Lawrence  
Holden a **SMILE**  
(Preston) member, is  
now available to buy !

This collection of **FIVE**  
short stories all  
previously published in  
the Lancashire Evening  
Post is only £2 all of  
which goes to **SMILE**  
funds.

Buy at our meetings or  
send a cheque for  
£2 per copy and an  
A5 Stamped addressed  
envelope to Kath Holden.  
Address over.



*Lift your spirits,  
keep SMILING!*

## Calling all SMILE Members— We're Revamping Our Information Leaflets!

We need your help! We'd like  
to revamp SMILE's infor-  
mation leaflets, to give them a  
fresh new look and draw at-  
tention to the reason that we  
are all members of SMILE.

Chronic Pain is our reason  
initially, but we need to tell  
others suffering from pain  
why we continue to be mem-  
bers and why they should  
become members too.

We've all been there at some  
point and asked the questions,  
What will they do for me?  
What do they Do? Why  
should I go? What will I get  
out of it? Well let's tell them!

Members at the weekly meet-  
ing have already been asked  
for their reasons, and some  
have given me their feelings in  
writing, I have Roy Pearce's  
permission to share his words  
with you and to use them in  
some shape or form in our  
new leaflets.

"Loneliness is the worst thing,  
when you're in pain. Come to  
SMILE and we will share it  
with a hug, nice drink and a  
biscuit."

"I'm 87 years young(!) and it's  
made a big difference to my  
life and well being. There's  
always someone worse off

than you."

"Take the first step in the  
right direction, SMILE even if  
you're heart be weary, whistle  
a song? You'll also enjoy light  
therapy."

What do YOU gain from  
SMILE? Please let me know,  
Kath Holden on **07980  
308840**, or email  
[kathyholden@hotmail.co.uk](mailto:kathyholden@hotmail.co.uk)  
or write to me with good old  
pen and paper at  
**Station Zebra,  
8, Lancaster Street, Colne,  
Lancashire, BB8 9AZ.**

I'm looking forward to hear-  
ing from you.

*Kath*

## 28th September SMILE Social Evening!

The next Social evening will again be held at  
the **Fulwood Conservative Club on Black-  
pool Road**, (opposite Moor Park) near the  
junction with Garstang Road, on the **28th Sep-  
tember, from 7.30pm until 11.30pm.**

The staff there really look after us and the food  
on the buffet is always so good, and there's  
always something for everyone. So that's why  
we're going there again!

This time we've booked a live band for your  
entertainment, '**Barefaced**', they play all the



sorts of music  
that make SMILE  
members get up  
and dance, so get  
those dancing  
shoes out and

watch out for our very own dance champion  
Roy 'the whirl-wind' Pearce!!

Tickets are £6 for members and £10  
for non-members. Again please contact  
Mark for details on 07900 195550.

## Dates for your Diary!

**Cath/Pilates**, 21st Aug & 4th, 18th Sept & 2nd, 16th Oct.

**Gita/Holistic Therapies**, 11th, 25th Sept & 9th, 23rd Oct.

**Swimming at Ribby Hall**, Weds 4th Sept & 2nd Oct.

**British Red Cross/Hand, Neck & Shoulder Massage**,  
11th Sept & 9th Oct.

**September Social Evening**, 28th Sept, 7.30pm until  
11.30pm at Fulwood Conservative Club, see above for details.

**Christmas Evening Dinner and Dance & Live Music**,  
Saturday 14th December, at Fulwood Conservative Club,  
details to be confirmed.

**EVERY DAY  
MAY NOT BE  
GOOD...  
BUT THERE IS  
SOMETHING  
GOOD IN  
EVERY DAY.**