

S.M.I.L.E (Preston)



Self Motivation in Lasting Endorphins
Registered Charity Number: 1098658

Many Happy Returns to SMILE Preston on their 10th Anniversary

We walked in to a beautifully decorated room the work of: Anne B., Anne L., Barbara T and Christine W. There were balloons, table decorations etc. making a very jovial atmosphere.

There was an excellent choice of food with a lovely buffet and lots of desserts and plenty to go around.

The cakes were made by Natalie H. Being our 10th anniversary she made a special SMILE cake, which was professionally decorated with a 3D version of our logo and tasted delicious. She also made a Gluten Free Lemon, Almond and Rose Cake.

The DJ Michelle was a return visitor and she proved to be as good as last time, organising the music, singing, entertainment, and arranging Karaoke. We did not realise how much talent exists among our SMILE groups.

There was a bottle raffle with numerous prizes donated by SMILE members. Has everyone noticed Roy's glossy locks since he won the shampoo!?

The stand up Bingo was a hit and kept us on pins until the end with Natalie and Jean hanging on to the bitter end. We were delighted to be joined by a number of guests - members from both Blackpool, and Liverpool

SMILE groups, the Patron of Preston SMILE, Dr. Max Fryer and our founder Sue Turp.

Roll on the next anniversary and may all SMILE groups continue to prosper.

Gwynneth Bennett



If you would like to have your story or poem published in the next Newsletter, please speak to Natalie, either in person, or phone 01257 275145 or email to info@smile-preston.co.uk. I would be delighted to hear from you, as SMILE members make this Newsletter extra special.

Dates for Your Diary

6 th February	Holistics with Gita	Swimming at Ribby Hall
20 th February	Holistics with Gita	Pilates with Cath
23 rd February	Valentines Party – Fulwood Conservative Club	
27 th February	British Red Cross providing Massage Therapy	
5 th March	RPH Easter and Father's Day Card Stall	
6 th March	Holistics with Gita	Swimming at Ribby Hall
20 th March	Holistics with Gita	Pilates with Cath

Coming up soon....

6 th April	Preston North End FC Collection	
7 th May	RPH Easter and Father's Day Card Stall	
22 nd May	TALK Oliver Mawdsley – DWP Representative to discuss DLA	

Men Cry

True men cry

For it reveals the depth of their
emotions

And shows to the world their true
nature inside

So never be afraid to break down and
cry

Because if you try to prevent it
You will be living a lie.

Cry and Cry and cry and cry

Show your father you're a man and not
a child

For if you cry I know I have done right

By giving you a conscience and soul
Which a lot of men lack.

Cry and cry and cry and cry

And all you will be doing

Is filling your father with pride

Knowing that I have created a true man

Who is not afraid to cry.

From 'A Series of Poems' Written by: D G
Seiglow, (who is very dyslexic). In dedication
to his father, Robert Alexander Seiglow..
Given to S.M.I.L.E. (Preston) on 19.12.2012



2013 Valentines Party

Get on your dancing shoes – it's party time!

It's the first party of the year, and it's perfect
for to spend with the one's you love, US at
SMILE Preston! So come along to our
Valentine's Party.

There will be wonderful entertainment,
fabulous food and prizes to be won! What are
you waiting for? Get your ticket TODAY!

Thanks again to our wonderful party sub-
committee for organizing this for us, Barbara,
Ann, Christine.

The party starts at:

7.30pm to 11pm on 27th February 2013

Fulwood Conservative Club,

Blackpool Road,

Fulwood,

PR2 3AE



THE SMILE CLUB

I WAS IN A LOT OF PAIN
AND DIDN'T KNOW WHAT TO DO
SO I WROTE TO SANTA
AND ASKED HIM FOR A CLUE

HE SAID GO TO THE SMILE CLUB
THEY ARE A REAL GRAND BUNCH
YOU'LL GET A NICE CUP OF TEA
AND A BISCUIT TO MUNCH

YOU CAN TALK ABOUT YOUR PAIN
AND HOW YOU ARE FEELING
THEY WILL TELL YOU ABOUT REMEDIES
TO HELP WITH THE HEALING

OH SANTA THAT'S GREAT
IT'S JUST WHAT I NEED
I'LL JUMP IN MY CAR
AND DRIVE THERE AT SPEED

OFF WITH A SKIP
TO THE SMILE CLUB I GO
WITH A LAUGH AND A CHEER
AND A HO HO HO

Written by: Sophie Alice Williams, 10 year old
Grandaughter of Colin Williams



Christmas Party

I think that we would all agree that this year's Christmas party was a great success!

We were joined by Liverpool and Blackpool SMILE groups, who were also into the festive spirit. You could tell that they were having a great time too!

We had a great time with Michelle, our favourite entertainer joining us, yet again for her usual entertainment, singing, quiz – you name it, she can do it. Personally I really loved seeing so many members having a great time, and looking so posh in their 'glad rags'. The food was delicious, and even for someone with coeliacs disease, and a very limited diet, I found it brilliant.

We had a raffle, which raised an amazing £141 – Thanks Kathryn C for helping the committee with this. Not bad for 60 people – thank you all for being so generous!

Did you notice the beautiful table decorations? All handmade and hand designed by our very own Pat Dall! Who would have known about these hidden talents. I thought that the room was spectacular. Thanks Pat, Kath and Alan for all of your hard work arranging the Christmas Party and also decorating the venue on the day. I think everyone would agree that you have done a fantastic job.

The Committee all hope that everyone had Merry Christmas and a great New Year

Natalie's Christmas / Fruit Cake Recipe

350g / 12oz dried Prunes, chopped
250g / 9oz Raisins
125g / 4oz Sultanas
175g / 6oz Unsalted Butter
175g / 6oz Dark Muscovado Sugar
175ml / 6floc Honey
75ml / 2.5floc Whisky
75ml / 2.5floc Brandy
2 tsp Mixed Spice
2 oranges Zest and Juice
3 Free Range Eggs
150g / 5¼ oz Plain Flour
75g / 2½oz Ground Almonds
½ tsp baking powder
½ tsp bicarbonate of soda

I have been asked many times about my Fruit Cake, so here is the BASIC recipe. Change it, add more fruit, spice etc to your taste. That is what I tend to do. Eat straight away or you can leave for a few weeks and feed it.

-First of all get your largest pan, chop your prunes, and put in the pan. Add the raisins, sultanas, unsalted butter, muscovado sugar, honey, whisky, brandy, and mixed spice into the pan too. Put on to gentle heat to warm.

-Zest and juice the oranges, and add to the pan, which should now smell delicious. Simmer for around 30 minutes, and allow to cool down completely.

-Once the pan's contents are cool, preheat the oven to 150 C, Gas Mark 2, and line a 20cm / 8in cake tin.

-Add the rest of the ingredients to the pan all at once and stir well. Once all the ingredients have combined, pour into the lined cake tin and bake for 1 hour 45 – 2 hours or until the top of the cake is firm, but will have a shiny and stick look.

-A skewer inserted into the cake will not come out clean, as the cake will still be slightly sticky inside.

-Eat as it is, or decorate with rollout icing.

