

We help Chronic Pain Sufferers
to Live Life With A SMILE!



SMILE (PRESTON)

Self Motivation In Lasting Endorphins

SMILE Preston Committee



Kath Corbin
Chair Person



Ann Skellorn
Vice Chair



Graham Doe
Secretary



Pat
Livingstone



John Davis
our exercise
man!!!,

Mandy Fletcher
Honorary
Member

Hello and Welcome to SMILE's Autumn/ Winter newsletter I do not know where to start as there has been so many changes over the past couple of months. Kath Holden the chairlady for the past two years and previously SMILE's secretary retired from the committee at the Annual General Meeting on the 24th June. I would like to take this opportunity to say special thanks to Kath Holden for all her work and commitment to SMILE over the years and wished her and Lawrence all the best for the future and hope to see them both at SMILE soon. We have a new and full committee this year and working as a team we will be able to help and support members and have fun meetings. The committee members are: - myself Kath Corbin Chairperson, Ann Skellorn Vice Chair, Graham Doe Secretary, John Davis our exercise man!!!, Norma Baines Pat Livingstone and Geraldine Fishwick as committee members and Mandy Fletcher as Honorary Treasurer. David Houghton has also agreed to continue sending out the missing you cards thanks again David. Well what the members have been up to since the last newsletter trip to:- This year the members decided to have a social lunch, instead of a Valentines evening social. So straight from SMILE a group of member's car shared and went off to the Pig and Whistle for lunch. Everyone enjoyed their lunch and had a jolly time. In March a group of members went to BBC Media City Manchester what a fantastic day I actually booked this trip last September because the tour is so popular. The tour lasted for one and half hours and they even supplied a wheelchair for David. You can also have a go at making your own news and weather bulletin in their interactive studio. We now have three superstar members Maureen and Roy did a script from BBC One Breakfast show and Gwyneth was the weather presenter. I must say they were fabulous and received a round of applause from all of us.

In March we where invited to Leyland and Cuerden Valley Lions Club presentation evening. Dr Max Fryer SMILE's Patron and Kath Holden Chair lady received a cheque for £150. Max gave a brief overview of SMILE's aim and objectives and thanked Kath C and Kath H for their commitment to SMILE. I would like to thank David Houghton, Pat Livingstone, Ann Skellorn and Libby Anderson for representing SMILE members. August a group of SMILE members went to Bury Market a great out was had by all, so much so the members have asked for another day out to the Market in November, so all the seats are filled. In September the members embarked on the Jungle Queen from Bilsborrows Wharf for a 3 hour scenic cruise, with a buffet lunch served on board.

Finally If any member has an interesting hobby, they would like to share with us !! Just write a short article for the newsletter please do contact me. I look forward to hearing from you. *Kath*



Norma Baines



Geraldine Fishwick

If you need to contact a committee member just phone the SMILE
Telephone on:-
07582 535 715



Food Glorious Food

Come and joins us at SMILE's
Jacob's Christmas party on
Wednesday 16th December from
9.30am to 12 noon
We have party games and music
to !!

For more information speak to
Pat Livingstone or email
kath.corbin67@btinternet.com.

We have so much to tell you so this newsletter has four pages
ENJOY...



Just a reminder that our teas and coffees at SMILE don't make themselves, so do please sign up for the Tea Rota if you are able to!!



Article By Dr N Hacking Consultant Anaesthetics and Pain Medication at Lancashire Teaching Hospital Preston NHS TRUST

For the majority of people, pain is something that is felt when the body is injured. Tissue damage causes a release of chemicals which stimulate nerves and they, in turn, tell the brain that something is not right. "Pain is Nature's warning" as the old adage goes.

"Where does it hurt?" Your doctor asks, and you tell her about the painful area so that she can try to understand the problem that's causing the pain.

This approach is fine for acute pain, but in chronic pain, we need a more sophisticated model. We need to understand that pain is an experience which happens in the brain and, unlike acute pain, there's no relationship between the pain and tissue damage. The pain is real, very, horribly, real but it isn't "Nature's Warning" it's a cruel trick of a malfunctioning nervous system.

You need to understand your pain as a problem in its own right and not as a symptom of some damage or injury. You need to see that drugs are unlikely to take away all of the pain, for all of the time. You must learn to overcome any fear of precipitating pain, so that you can move and function to the best of your ability. At the same time, you must accept that there will be limits to what you can do, and that you can only push these limits very slowly without suffering a flare in your pain.

Our multidisciplinary team is blessed with Physiotherapists who can help you to exercise and adjust your posture so that you can help yourself to do more. We have Clinical Psychologists to help you to see how negative feelings like fear, depression and anxiety can make your pain worse; and how combating these hurtful emotions can reduce the severity of your pain experience. The Specialist Chronic Pain Nurses in the team are there to give you practical advice on the sensible use of medication, TENS, acupuncture, relaxation, how heat and exercise can help you to keep on functioning to the best of your ability. Our doctors are there to see that a treatable cause for your pain has not been overlooked; and to offer treatments for you when they feel that there might still be something that they can offer to reduce your pain.

Ultimately, for people with chronic pain, the solution for beating pain (or at least minimizing the impact of pain on day-to-day living) lies within the sufferer and this isn't something that we can do for you. You can, however, be assured that we have a skilled team who will try to support and advise you on your journey.

We do understand that you can't always make it in to the meetings, but you are always welcome and we continue to meet every Weds from 9.30 to 12 noon at St. Martin's Church Hall, Off Broadway, Fulwood, Preston, PR2 9TH.

Hope you can make it there soon, the kettle is always on!



SMILE
St Gerards Club
Brownedge Rd., Lostock Hall

CHRISTMAS PARTY
Featuring **ERIC JONES**

Wednesday 2nd December
Food & Entertainment from 1pm

FREE BINGO

free TICKET

£16.95 per person

STARTER	Homemade Vegetable Soup Honeydew Melon Chicken Liver Pate & Red Onion Chutney
MAIN	Succulent Roast Turkey Lightly Poached Salmon
SWEET	Christmas Pudding and Brandy Sauce Coffee Renier Cheese & Biscuits

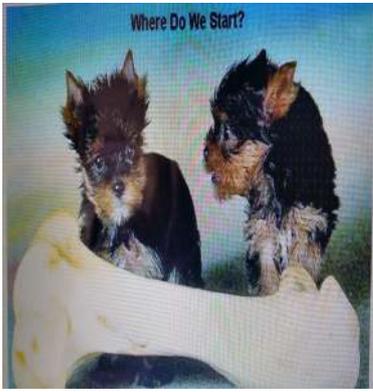
Dates For Your 2015 Diary.....

- Cath/Pilates**, 14th+28th Oct, 11th +25th Nov and 9th Dec
- Gita/Holistic Therapies**, 7th+21st Oct, 4th +18th Nov
- . **Only one appointment per person within the six week booking rotation please.
- British Red Cross Massage** 7th Oct and 4th Nov
- Therapies, Swimming at Ribby Hall**, first Weds each month.
- Pat & Ann's Craft Morning**, 21st Oct and 18th Nov
- SMILE's Christmas Lunch 2nd Dec at St Gerrards Club**
- No SMILE Meeting**

SMILE's Christmas party morning at St. Martin's Church Hall, on the 16th December. Jacobs Join please bring food

SMILE will be closed for Christmas from the 16th December for two weeks. We are back 6th Jan 2016!!





Christmas Raffle Prizes

Kath and Ann will be writing to local companies, super market and stalls on Preston Market, who have supported SMILE for the last couple of years by donating either a prize or vouchers.

We would also like ideas from members of where we can obtain raffle prizes.

Speak to Kath or Ann



[All aboard the Jungle Canal Cruise for adventure on the Lancaster Canal](#)



After the normal meeting a number of members and friends went to board the Jungle Queen at Guys Thatched Cottage Pub at Bilsborrow for our cruise on the Lancaster Canal the jungle We were welcomed on board the Jungle Queen by the captain for the day . We set sail the weather was very kind to us again the sun was shinning many of use enjoyed the weather on deck for a while. Most of us had light refreshments from the bar, one or two had bottles ! Not saying who! well it was a party boat after all .

We had a cold buffet that was provided for us, with an assortment of sandwiches, sausage rolls and other various light bites, it was then followed by apple pie and cream which went down very well.

After finishing lunch we had a couple of games of prize bingo just a couple of false calls, although I had great difficulty with my balls. After bingo we then went onto the raffle with 20 prizes up for grabs, I think most of us had a nice surprise with our raffle prize a couple of people were very lucky and had a few good wins so well done !

We then turned up the music as by this time Roy was getting itchy feet and of course as soon as the music was started so did Roy, having a few dance partners along the way, including myself in what I think was a slow waltz well of sorts. Everyone enjoyed themselves and a couple of our new members said that they looking forward to the next one .

From the raffle, prize bingo and the domino card we raised a grand total of £107.00, so well done to everyone for their support .

I would like to finish by giving a special thank you to Pat who helped me with the smooth running of the day, and the selling of both raffle tickets and domino card and to Geraldine who also sold tickets .Thank you from me & all smile members By Ann Skellorn



SMILE

**Smiling is infectious;
You catch it like the flu,
When someone smiled at me today,
I started smiling too.**

**I passed around the corner
And someone saw my grin
When he smiled I realised,
I'd passed it on to him!**

**I thought about that smile
Then I realised its worth,
A single smile, just like mine
Could travel round the earth!**

**So, if you feel a smile begin,
Don't leave it undetected
Let's start an epidemic quick,
And get the world infected!**



This year SMILE Members decided that they would like our own diaries with SMILE Preston name and logo along with phone number etc

They will be available in November. Do not worry if you cannot make a meeting we will post one out to you in December



The SMILE Committee would like to wish all our members a Merry Christmas and a Happy New Year Hope to see you at meetings in 2016

Qigong Fixed My Chronic Back Pain

By Graham Doe



I injured my back lifting incorrectly when I was in my mid twenties. Over the next ten years, I suffered from bouts of lower back spasms and differing levels of pain. Throughout my forties, and mid fifties, the back spasms got more intense, as did the pain.

In my mid fifties, I started doing Tai Chi, in the hope it would ease my back problem. Over time, Tai Chi, certainly did help to reduce the spasm intensity, but it never completely went away. At times of flare ups, I was still needing to take quite high levels of non steroid anti-inflammatories.

About three years ago, I went to see my GP and asked to be referred to Physiotherapy at Lancashire Teaching Hospital Preston (LTHP) At that time, I was practicing a series of very gentle exercises and meditation called Tai Chi - Qigong.

Physiotherapy at the hospital recommended acupuncture for me, and I readily agreed to the treatment. The first three sessions about a week apart, resulted in increasingly longer periods of spasm and pain relief, and I was very encouraged by this early progress. It had been explained to me that the acupuncture, effectively removes internal energy or chi blockages.

At home, I continued to practice the back rehabilitation exercises from LTHP, and I also extended my Qigong practice, to focus on the painful area in my lower back. I knew that as acupuncture had worked, I simply needed to replicate that good work by abdominal breathing, deep relaxation, and meditation. So for a good six months, I practiced these exercises and Qigong every day. Eventually, I began to feel that I could gradually reduce my medication, as the norm was becoming a much lower level of spasm, often with little or no associated pain.

I put this success down to the very deep relaxation level I was achieving each night before going to sleep, by relaxing in bed on my back, and then doing at least 15 minutes of abdominal breathing, and focusing my mind on the bottom of my spine. This gave me the ability to relax deeply into the joints in this area, and feel the same warm and tingling glow that acupuncture provides.

I continued this relaxation and meditation practice, until after a few more months, I was weaned completely off medication, and had very low or no spasm and pain. I have been attending LTHP Chronic Pain clinic, on an annual basis for the last two years, and it has been good to get that support. The TENS machine they gave me, has recently been returned for someone else to use, and I have now been discharged.

To achieve this result, was beyond my wildest dreams, and I am very lucky to have been given a second chance at living a relatively fit and pain free life. I have had a lot of support from the NHS in Preston, and my Tai Chi Masters, and without this support, I would not be in the very fortunate position I am in now. My successful experience with Qigong, is what has led me to teach it to others so that I can pass on knowledge and hopefully help others to improve their quality of life. After teaching Qigong at SMILE (Preston), I was made aware of Mindfulness, and how similar it is to the Qigong I practice.



SMILE 2016 calendar will be available soon we just waiting for the dates from all the therapies. If you have ideas on speakers you will like at SMILE speak to Kath or Ann



Trips out and Socials for 2016

The trips out and social for this year have been a great hit with everyone who attended

We now looking for ideas for next year.

Please speak to Kath or Ann

IT'S PARTY TIME



Save Money buy from SMILE



We are now selling



SMILE Pens with Logo on at only £1 each

SMILE Key rings with Logo on at 50p each

More and More accessible toilets are now locked and you need a Radar key so we are selling Radar Keys at £2.50p each

We have a great selection of Greeting Cards for £1 up to £2.50p each card

If you would like a personalised card see Pat or Ann.

We will also be selling Reindeer Dust for Christmas soon!!!

Can You Lend A Hand with Collections in Nov 2015

If you are available to help for just a couple of hours at any of the following collections, Please remember that it is through these collections and stalls, that we can publicise SMILE (Preston) to the wider community, as well as raising the funds we need, so that we can be here for you and your friends at SMILE!

Booths Lane Ends Friday 6th November 10am to 4pm

Preston Hospital Christmas card stall and collection on Thursday the 28th November from 10am to 4pm

Please contact Ann Skellorn if you can help 07784994763

Ann is busy sending out collection letters for 2016 when we have the new dates Ann will inform you

Change