



# SMILE annual review 2018 **SPEAKING HOPE...** INTO LONE PARENT FAMILIES

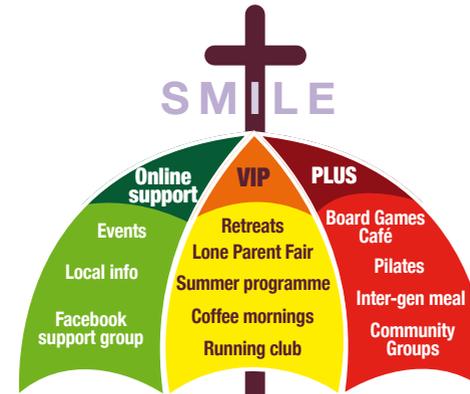
*John 10:10 I have come in order that you may have life- life in all it's fullness.*



*A community project supported by Faithworks*



“Only 3 words can describe this: Peaceful. Restorative. Fun.”



## Thank you and welcome

■ We think that SMILE is unique: a local community project that really understands what it is like to be a lone parent family.

And this year has been special for many reasons.

Above all, Alix Digby-West, the founder of SMILE and an inspiration to all that SMILE is, decided to pass on the torch and move on to other creative community projects. Thank you Alix for your vision and love for the SMILE community - without you, none of this would be possible.

At the beginning of the year, we undertook a review of everything SMILE is about, to ensure its future sustainability and continuing support for these special families. Thank you to everyone who helped with this, including Phil, our reviewer! Families, churches and organisations have helped us work out a brilliant way forward. They have also supported us through the transition while helping create the partnerships, prayer groups, and peer-to-peer support at the core of our structure.

So this is our chance to say THANK YOU

**Here's what one mum said:** *“Even with all the changes, I still feel blessed to have SMILE because it is not just the activities that you offer, it's the umbrella of support that comes with it has been truly amazing... so lucky to have it.”*



What is SMILE all about...

One parent summarised what we do, like this: **“with SMILE, lone parenting doesn't need to be lonely parenting”**. So our goal is to create a community of families who support each other and live everyday life to the full.

What do we actually do?

Three elements make up the community: **VIP sessions** with other lone parent families, **SMILE-plus** times with other community groups in local churches, and an **online** community for sharing events and more, plus peer to peer encouragement in a safe place. Through all this we hope to help improve mental and physical wellbeing, as well as having fun and enjoying life with free/low-cost activities.

Alix Digby-West  
Founder



Alistair  
Doxat-Purser  
Chair



Mikala James  
Outreach  
Worker



Racheal Peck  
Project  
Facilitator



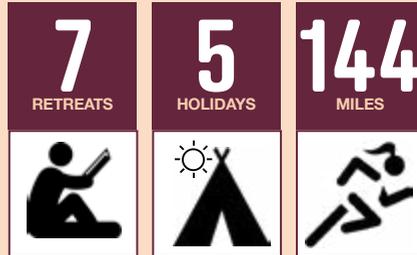
# Our year in numbers

110  
ATTENDEES



## SMILE VIP

- 6 retreat days and 1 overnight getaway
- 5 weekly summer holiday outings
- 23 special family photos taken at Lone Parent Fair
- 144 miles run by the Wednesday SMILE mums team



## SMILE PLUS+

- 740 meals eaten by the SMILE Community
- 96 sessions needing a sports bra!
- 336 croissants eaten on a Saturday



## SMILE ONLINE

- 138 members in Facebook support group
- AND 325 supporters on our page



# Our year in quotes

## Giving space for SMILE families:

“Fabulous three generational day: usually we are working together as a family BUT separately. Was a real blessing to spend time with my son and granddaughter (as well as friends) doing something we enjoy”

“Me time: this doesn’t really happen in my house, but hey I had a lovely relaxing experience, no expectations just time for me: time to breathe and forget about my worries for the day. Such a calm and welcoming environment: food was also amazing and being with other deserving mummies was good too. Highly recommended.”



## Making it possible to get some exercise:

“I really enjoy running with SMILE mums; would NEVER have done it on my own or with another group. So much fun running with friends and we ALWAYS have a laugh.”



## Our year in quotes

### SMILE signature event – our fair:

“It was so good to have activities for my boys... and it is so important that there are great male role models there.”

‘It is my first event. It is great to be with other parents in the same situation. The help and activities were lovely and everyone very helpful.’

“Can’t believe it was all free – thank you”



### The community like eating together:

“Its so nice to be able to have a night off and go for a lovely, homely, festive meal cooked for all; there’s a great atmosphere between the young right up to the older people, and the kids loved seeing Father Christmas and receiving their gifts. This was my second time going and we really enjoyed it”

## Stacking up financially



**We are working hard to keep our costs to a minimum, and find new sources of funding. So, can you help us financially as well please?**

Care to help financially? You can donate in the following ways:

1. If you live in Poole and are a Co-op member, then please choose SMILE as your chosen charity for the Local Cause!
2. You can donate through DonR\* text giving by texting SMILE and the amount you wish to donate to 70085 (\*you will be charged the amount donated plus a standard network rate message. If you do not specify the amount you wish to donate, the default donation amount is £5)
3. Donate through our Localgiving page – please state that you wish your donation to go to SMILE.



£14,750	£20,700
Income	Costs
Year to date	

## Thank you

The help received from the following made it all possible.

### To our funders:

Valentine Trust, Rank Foundation, Awards for All (National Lottery), Salisbury Diocese; St Mary’s Longfleet

**To those who gave Christmas presents and items for the Fair:** especially Wave 105FM and Haskins Garden Centre

### To the places where we meet:

The Spire, Longfleet Baptist church, St James’ church, St Philip’s West Howe

### To the places where we visit:

The Green House Christian Centre, Longmead Community Farm, Project Manna, Des & Andy for their beach hut



# In need of support?



**Come and chat** at SMILE coffee mornings every Friday 10am-12noon (term-time only), in Wesleys' at The Spire, Poole High Street. All are welcome.

**Contact Racheal** on: 07954 377295

**Facebook** message us.

<https://www.facebook.com/SmileConnectLoneParentSupport/>  
@SmileRachealPeck



# Able to give support?

**Volunteer:** come and join in on our regular activities or the special Red-Letter Days

**Pray:** Sign up to pray for SMILE and its members

**Donate financially:**

1) Through DonR\* texting SMILE to 70085

(\*you will be charged the amount donated plus a standard network rate message.  
If you do not specify the amount you wish to donate, the default donation amount is £5)

2) or scan QR code and donate via [localgiving.org/charity/fww](http://localgiving.org/charity/fww)

**Co-op members:** Choose SMILE in Poole to receive your charity funding at [coop.co.uk/membership](http://coop.co.uk/membership)



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**Website:** [smileconnect.co.uk](http://smileconnect.co.uk)

Charity registration no. 1108714    Company registration no. 5077777