



2019



THIS IS WHAT WE DO

Our goal is to create a community of families who support each other and live every day to the full. The SMILE community consists of three elements: **VIP sessions** with other lone parent families, **SMILE-Plus** with wider community groups in local churches and an **online community** for sharing events and peer-to-peer encouragement in a safe place. Through this we aim to improve mental health and wellbeing for the mums, as well as enjoying life and having fun with free/low-cost activities for all the family.

FACEBOOK online support through a private Facebook group.

REGULAR GROUPS including pilates, walking & running, coffee morning and board games cafe with a community meal.

LONE PARENT FAIR our free annual event including food, entertainment and a pamper parlour with creche.

RESIDENTIAL RETREATS providing families time away from home for fun, relaxation and connection with others.

SUMMER PROGRAMME a variety of free, low-cost events were provided - 7 new families engaged with the programme and 23 families attended in total.

40



FAMILIES REGULARLY ATTENDING SMILE EVENTS

4



SMILE REGULAR GROUPS

17



FAMILIES ATTENDED SMILE OVERNIGHT RETREATS

151



ATTENDEES AT THE SMILE LONE PARENT FAIR **Including volunteers*

8



RAN TO RAISE MONEY FOR SMILE **Including 5 year old Anya!*

THIS IS WHAT IT MEANS TO PEOPLE

'Was great to leave all our worries at the door.' - SMILE mum after a retreat.

Rebecca started the SMILE running group in September. Using the Couch to 5K App we took it week by week as none of us were runners (around 5 women). The fact that we knew others were expecting us to turn up each week, provided motivation to show up, even in the rain - which turned out to be the most fun!

As the weeks went on, it became harder but the sense of achievement grew. The group chose to use their running to raise money for Cancer Research UK in order to support one of the members who had breast cancer.

Rebecca commented:
'The fact that we ran 5K to raise money for Cancer Research UK made me incredibly proud of myself. I would never have done this on my own.'



THANK YOU!

2019 INCOME: £21,485

2019 EXPENDITURE: £18,570



MAIN DONORS

£250	Alpkit
£5.3K	Co-op
£1K	Dorset Community Foundation
£2K	Greggs
£1K	Hall & Woodhouse
£4.3K	Salisbury Diocese
£6K	Valentine



Rachael Peck:
Project Facilitator

We loved our visit to Project Manna, an amazing fun-filled day! Zachary loves building the bug hotel, had his first try at canoeing.'



'Just being able to stop and be was unbelievably empowering and gave me time to process things... This was my first SMILE event and I was very nervous but honestly can say all the ladies are lovely and immediately felt part of the group. Thank you for a fab, thoughtful and healing day'.



OTHERS TO THANK

St Mary's Longfleet Church (mission partner).

St James Church for hosting the Lone Parent Fair and the 50+ volunteers who helped.

The Spire for partnering in the running of the Board Games Cafe.

Longfleet Baptist Church for jointly running the pilates classes.

Everyone who sponsored **SMILE** in the Bournemouth Marathon Festival and the 'Work Day' at Project Manna.