

Smiley Pancake



Smile for Mental Health



Mental Health
Ireland

Connecting is good for you!

Thank you for signing up to host your Smiley Pancake Event! We hope you're ready to have lots of fun!

Connecting with others is good for your mental health. A smile has such a huge impact on us and others. Your Smiley Pancake event, no matter how big or small, virtual or in-person, will encourage people to connect with each other. Even if you are on your own, your pancake will be smiling back at you.

By making these connections with friends and family at your Smiley Pancake Event you are improving your wellbeing and creating a mentally healthier community.

This Smiley Pancake kit has everything you need to host a successful fundraising event for your group.



Thanks a million for your support and we wish you a Smiley Pancake Tuesday!

Many thanks,

The Smiley Team!



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Ireland**

