



Quizzes  
Colouring  
Elton John  
History  
of  
Moorcroft

**Though our buildings are closed, the  
Clubhouse community remains engaged**

## Newsletter Extra #5

Hello everyone and welcome to this issue of the Newsletter. This month, quizzes on general knowledge, and classic British comedies. Keep your mind active and have a go at some mindfulness colouring and dot-to-dot.

Read about classic comics as told by Howard.

MusicMan recounts the long successful career of Elton John.

In Pet's World Diane tells us about her new adopted dog, Spice. (Part 1)

Read about the varied traditions of Easter.

Have fun and learn new things by trying the virtual sessions promoted in this issue.

Everyone at the Newsletter hopes that you enjoy reading this issue.

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Front Cover: Wisteria, Eltham Palace

### Have fun with these Sudoku Puzzles!

6	8					3		
	4		1			5		
	3	9			8		4	
				1	7	2		
	5		2		9		3	
		4	5	8				
	7		8			4	2	
		5			4		1	
		8					9	3

						1		4
			2	1				6
4	6	1			8			
5	4						7	
6			5		3			8
	3						5	2
			6			2	8	5
9				4	2			
3		8						

	2			6	9			
		6		1				2
	4	5		7				
	1				6	4	5	7
5								8
4	8	7	5				6	
				8		3	9	
1				5		2		
			1	9			4	



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# What should I do to prevent catching and spreading the virus?



**Wash hands frequently** with soap and water or use a sanitiser gel



Catch coughs and sneezes with **disposable tissues**



**Throw away used tissues**  
(then wash hands)



If you don't have a tissue  
**use your sleeve**



**Avoid touching your eyes, nose and mouth with unwashed hands**



**Avoid close contact with people who are unwell**



# Have a go at this general knowledge quiz

4

## 1. What is the name for the Jewish New Year?

- a. Hanukkah
- b. Yom Kippur
- c. Kwanzad
- d. Rosh Hashanah

## 2. How many blue stripes are there on the U.S. flag?

- a. 6
- b. 7
- c. 13
- d. 0

## 3. Which one of these characters is not friends with Harry Potter?

- a. Ron Weasley
- b. Neville Longbottom
- c. Draco Malfoy
- d. Hermione Granger

## 4. What is the colour of Donald Duck's bowtie?

- a. Red
- b. Yellow
- c. Blue
- d. White

## 5. What was the name of the band Lionel Richie was a part of?

- a. King Harvest
- b. Spectrums
- c. Commodores
- d. The Marshall Tucker Band

## 6. Which animal does not appear in the Chinese zodiac?

- a. Dragon
- b. Rabbit
- c. Dog
- d. Hummingbird

## 7. Which country held the 2016 Summer Olympics?

- a. China
- b. Ireland
- c. Brazil
- d. Italy

## 8. Which planet is the hottest?

- a. Venus
- b. Saturn
- c. Mercury
- d. Mars

## 9. Who was the only U.S. President to resign?

- a. Herbert Hoover
- b. Richard Nixon
- c. George W. Bush
- d. Barack Obama

## 10. What does the "D" in "D-Day" stand for?

- a. Doms
- b. Dark
- c. Denmark
- d. Dunkirk



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# Our Services



North Staffs

*The coronavirus pandemic is having a huge impact on our mental health. We are continuing to adapt our services to continue to provide support during the current covid-19 pandemic.*

## Adult Counselling

Offers rapid access to counselling at an affordable cost, without lengthy waiting lists and at convenient times for clients. Reduced cost number sessions also available.

To find out more call 01782 262100 or email [reception@nsmind.org.uk](mailto:reception@nsmind.org.uk)

Adult mental health services within the Staffordshire and Stoke on Trent Wellbeing Service. Part of one, fully integrated service with a single point of access. Contact 0300 303 0923 (Monday-Friday, 9am-5pm) See also [www.staffsandstokewellbeing.nhs.uk](http://www.staffsandstokewellbeing.nhs.uk)

## Adult Instant Messenger Service

Confidential online support service

Every weekday 10am -1pm; 2-4 pm.

Access via our website homepage: [nsmind.org.uk](http://nsmind.org.uk)

## Supported Housing

For people over 18 who experience mental ill health and require a level of support to enable them to maintain community living and progress towards more independent lifestyles. Contact our Housing Project Manager at [housing@nsmind.org.uk](mailto:housing@nsmind.org.uk) or 01782 824529

## Children and Young People - Stay Well Service

One-to-one therapy via Zoom, online chat and/or telephone sessions, offered by experienced counsellors. Referral via 0300 123 0907

**Parent Support:** offers parents and caregivers advice, guidance, support, interventions, and parenting strategies. Call 01782 262100 and select option 2

**Speak Up Space** instant messaging service: a FREE confidential, safe service for young people across Stoke-on-Trent. Available at [www.speakupspace.org.uk](http://www.speakupspace.org.uk)

Sundays 8pm-11pm

Mondays 5pm-8pm

Tuesdays 8pm-11pm

Wednesdays 5p-8pm

Thursdays 4pm-9pm

Fridays 8pm-11pm

Saturdays 8pm-11pm

*For more details about all our services, please call 01782 262100 or email [reception@nsmind.org.uk](mailto:reception@nsmind.org.uk)*

**For the latest information about our services visit [www.nsmind.org.uk](http://www.nsmind.org.uk) or follow us on Facebook @NorthStaffsMind**

# Can you recall these classic British sitcoms?



1



2



3



4



5



6



7



8

## Picture quiz!



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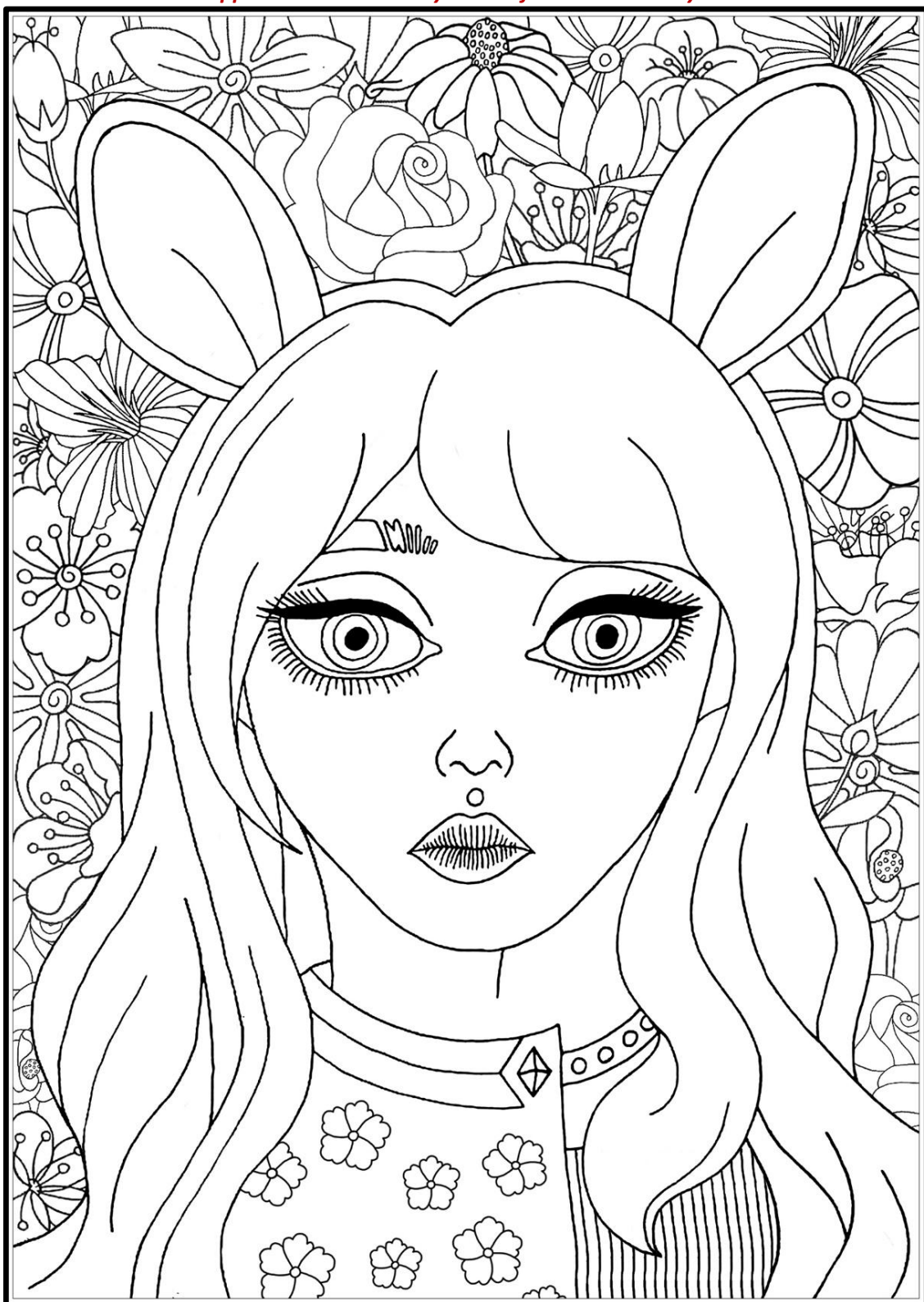
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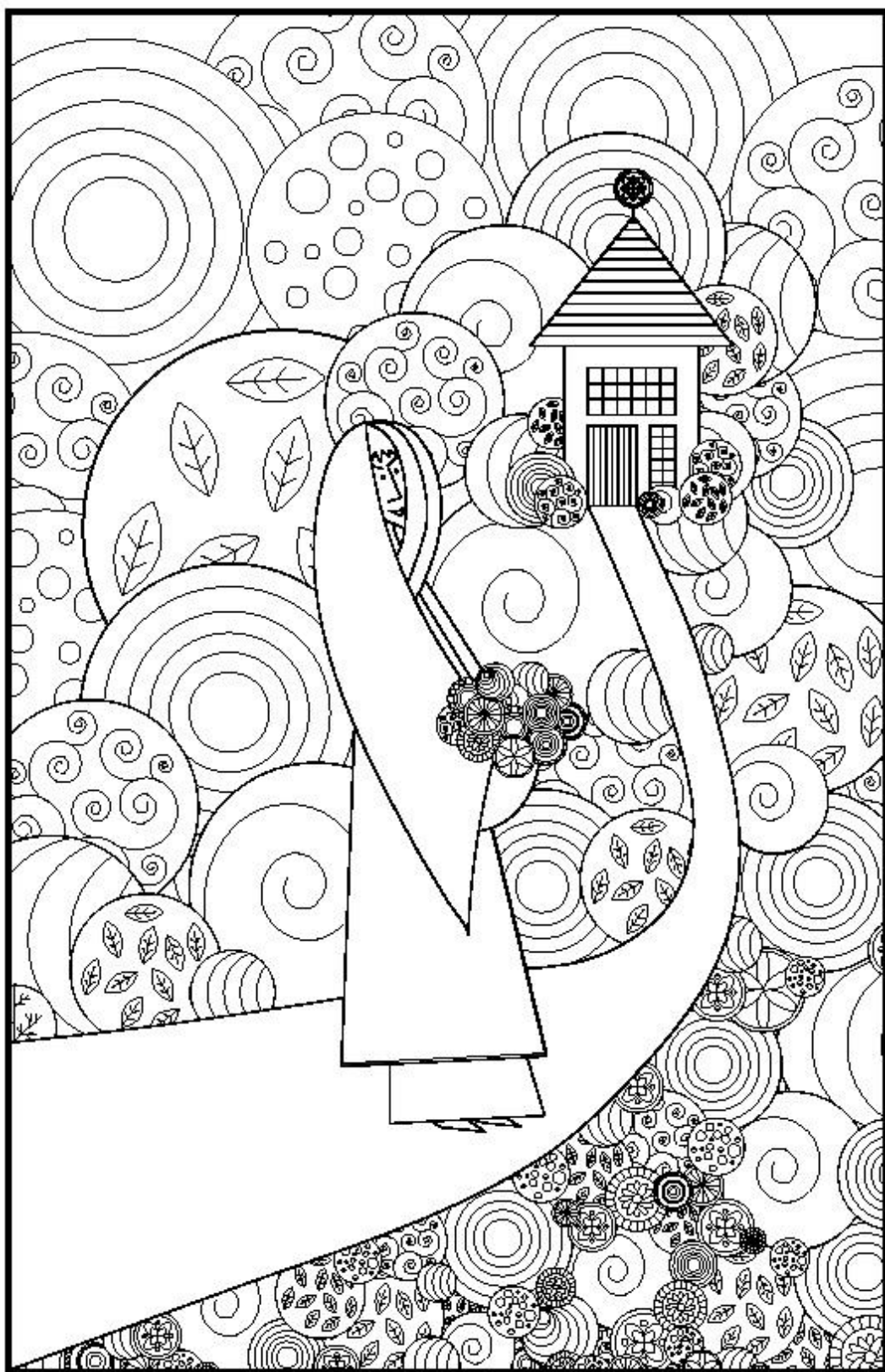


Here are some pictures for you to colour in. Never tried colouring since you were a child?

Give it a go, you might find it calming and fulfilling.

*If you would like a paper copy of this newsletter speak to your support worker and they can surface mail one to you.*





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If you have enjoyed colouring these images then why not get yourself a colouring book aimed at adults. Some of the books are very beautiful in themselves being made from fine paper and using high quality printing. You will find books at most newsagents, supermarkets or at The Works and The Range. There are prices to suit most pockets. Other crafts you will find in the shops include 5D Diamond Art, Scraperfoil and Artful Etching. All of these arts and crafts and more take place in Clubhouse. Go along and give it a go when we re-open, you will be made very welcome.



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Times	<b>The Clubhouse Network</b> <b>Virtual Sessions</b> using the <b>Microsoft TEAMS App</b>
<b>Monday</b> <b>3pm</b>	<b>Social Session</b> For an invite please email:- <a href="mailto:jacqui.parker@brighter-futures.org.uk">jacqui.parker@brighter-futures.org.uk</a>
<b>Tuesday</b> <b>11am</b>	<b>Art Session</b> For an invite please email:- <a href="mailto:chris.oldham@brighter-futures.org.uk">chris.oldham@brighter-futures.org.uk</a>
<b>Wednesday</b> <b>10:30am</b>  <b>3pm</b>	<b>Craft Session (starts 03.02.21)</b> For an invite please email:- <a href="mailto:angela.henshall@brighter-futures.org.uk">angela.henshall@brighter-futures.org.uk</a>  <b>Social Session</b> For an invite please email:- <a href="mailto:maggie.hunter@brighter-futures.org.uk">maggie.hunter@brighter-futures.org.uk</a>
<b>Thursday</b> <b>11am</b>  <b>2pm</b>	<b>Photography Session</b> For an invite please email:- <a href="mailto:chris.oldham@brighter-futures.org.uk">chris.oldham@brighter-futures.org.uk</a>  <b>Walking Groups in Longton / Hanley / Tunstall</b> Speak to your support worker for more information
<b>Friday</b> <b>1pm</b>	<b>Social Session and Quiz</b> For an invite please email:- <a href="mailto:chris.morgan@brighter-futures.org.uk">chris.morgan@brighter-futures.org.uk</a>
<p>PLEASE NOTE GROUPS CURRENTLY HOLD A MAXIMUM OF 10 PEOPLE          SO PLEASE EMAIL AS SOON AS YOU CAN TO SECURE A PLACE AND AVOID DISAPPOINTMENT – THANK YOU</p> <p>If you want information on how to download the Microsoft TEAMS App or how to set up an email address          please speak to your support worker about this</p> <p>Please call 01782 835220 or 01782 406000 Option 3, then 1 for further information</p>	


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# Word Search

11

## Safari Animals

E	E	L	A	N	D	P	E	L	H	O	D	N	E
A	R	N	B	G	E	F	I	B	A	B	O	O	N
C	H	E	E	B	F	O	E	L	L	E	Z	A	G
R	I	O	L	A	N	N	R	K	N	A	I	E	E
O	N	E	R	B	U	F	F	A	L	O	L	Z	N
C	O	I	O	S	O	K	U	D	U	I	T	O	W
O	G	A	E	P	P	Z	Z	E	B	R	A	E	A
D	S	O	C	C	D	R	R	T	R	R	L	E	R
I	A	R	E	A	H	A	I	A	N	E	E	T	T
L	D	R	A	P	O	E	L	N	P	C	N	E	H
E	E	D	T	I	G	C	E	H	G	N	N	V	O
W	H	I	P	P	O	N	A	T	O	B	N	I	G
H	Y	E	N	A	C	N	T	H	A	N	O	C	A
C	P	H	F	A	T	B	O	L	O	H	G	K	L

KUDU  
LEOPARD  
SPRINGBOK  
ELAND  
CROCODILE  
BABOON  
GIRAFFE  
ELEPHANT  
BUFFALO  
HIPPO  
WARTHOG  
GAZELLE  
ZEBRA  
CHEETAH  
CIVET  
HYENA  
LION

## Human Bones

E	L	S	M	R	A	D	I	U	S	I	F	H	Z
S	V	E	A	L	A	Y	C	O	C	C	Y	X	E
N	U	P	L	S	T	H	A	M	A	T	E	M	A
S	U	A	L	U	E	I	A	L	R	Z	C	A	T
H	S	T	E	R	M	S	C	L	U	S	T	N	U
A	C	S	U	E	P	C	B	A	M	T	R	D	U
A	L	S	S	M	O	A	T	S	E	A	A	I	A
L	A	T	L	U	R	P	A	R	F	L	P	B	I
L	V	E	L	H	A	H	L	A	A	U	E	L	B
E	I	R	D	E	L	O	I	T	L	S	Z	E	I
T	C	N	U	T	O	I	D	A	U	L	I	T	T
A	L	U	A	R	A	D	P	T	B	M	U	U	S
P	E	M	O	L	L	H	R	E	I	A	M	U	T
E	S	I	S	U	L	N	A	M	F	P	A	E	E

MANDIBLE  
RADIUS  
METATARSAL  
FEMUR  
SCAPHOID  
TALUS  
STAPES  
HAMATE  
TRAPEZIUM  
TIBIA  
PATELLA  
TEMPORAL  
ULNA  
CLAVICLE  
COCCYX  
STERNUM  
MALLEUS  
HUMEROUS  
FIBULA



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## More crafts, hobbies and arts are being practiced by members.



Charlotte and Tracy created this resin wonder



Rocky



More craft news!

We have been busy learning to knit.  
We are hoping to make a blanket to donate to the  
dog's home. Ali's work shown above.



Burslem School of Art captured by Charlotte



Frank's snow-scape jigsaw



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**Twitter**



**@BFNW**



### **Clubhouse Cookbook online**

There is now a way to access online all the recipes that have featured in the Newsletter. To get access to the Clubhouse Cookbook Online just send an email with Cookbook as the subject to [news@brighter-futures.org.uk](mailto:news@brighter-futures.org.uk)

**Find**  
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**on**  
**Facebook**



**brighterfuturesNW**

 **Rough Sleeper Team**

Call us **FREE** on  
**0800 970 2304**

To tell us about someone sleeping rough in  
Newcastle-under-Lyme, Stoke-on-Trent  
or Staffs Moorlands.

\*Free from landlines and most mobile providers

## **Artist of the month** **Elton John**

**S**ir Elton John was born as **Reginald Kenneth Dwight** on the **25th March 1947**.

**Raised in the Pinner area of London, 'John' learned to play the piano at an early age and by 1962 had formed Bluesology an R and B band whom he played with until 1967.**

Around this time he met his

they wrote songs for young artists including LuLu.

Elton also worked as a session musician gaining experience with the Hollies and the Scaffold.

In 1969 his debut LP was released, named 'Empty Sky'. But it was his second album called Elton John that gave him a first taste of success. Containing the hit single 'Your Song', it also became popular in Europe and the US.

Two more albums followed with the second '72, Honky Chateau' spawning the hit Rocket Man.

However, it was 'Goodbye Yellow Brick Road' that finally made Elton John a super star. Released in October 1973 it gained instant critical acclaim and topped the chart on both sides of the Atlantic, remaining at number one for two months.



long-time musical partner Bernie Taupin after they both answered an advert for songwriters. For two years

The album contained the hit singles, 'Bennie and the Jets', 'Goodbye Yellow Brick Road', 'Candle in the Wind', 'Saturday



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Nights Alright for Fighting', and 'Funeral for a Friend/Love Lies Bleeding'.

Now 73, Elton John has sold over three hundred million records, making him one of the best-selling music artists of all time. In 1997 he rewrote the song, 'Candle in the Wind' as a tribute to Diana, Princess of Wales. The song sold over thirty three million copies in the UK and the US singles charts, making it a record breaker.

A lifelong Watford fan, Elton owned the club from 1976 to 1987 and from 1997 to 2002. He is an honorary life president of the club.

In 2018, Elton began a tour, 'Farewell Yellow Brick Road', said to be his last, consisting of more than three hundred concerts worldwide. Most dates were cancelled in 2020 due to Covid-19 but he hopes to conclude the tour in 2021.

**MusicMan**



## Children's Comics

**Growing up in the sixties, Wednesday morning was always a special time in our house, for this was the day the paper boy would deliver our precious Beano.**

My sister Jan and I would always try to grab it first for a quick read before school.

In those days the cost of the comic was just three old pence, so it was good value.

There were so many great characters in the comic, including, 'Billy Wizz', 'Roger the Dodger', 'Minnie the Minx', and my favourites, 'The Bash Street Kids'.

Our lovely mum also enjoyed

In later years as an older child my other favourite comic was The Victor. At the time this was called a, 'Boy's Own' adventure comic. Two of my favourites were Alf Tupper and General Jumbo.

Alf Tupper was a working class runner known as, 'The Tough of the Track'. A welder by day, Alf still managed to train and win every race on a diet consisting mainly of fish and chips.



the comic and so even when my sister and I grew up the Beano was still delivered every Wednesday.

I had made a wooden stool during woodwork at high school. This had found its way into our bathroom and every week when mum had finished reading the comic it was placed on the stool. Many visitors said they always enjoyed a visit to the loo in mum's house!

I have read that the Beano first appeared in 1938 and is the longest running British comic.

General Jumbo was a boy who had his own miniature robot army controlled with a pad on his arm. If only!

By the early 1970's my sister had moved on to 'Jackie'. More a magazine than a comic it was incredibly popular with girls of a certain age.

After reading, many of its pages would end up on the walls of teenage girls' bedrooms as it featured many of their heart throbs, including David Cassidy, The Osmonds and David Essex. Another popular feature was the 'Cathy and Claire' problem



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page that received around four hundred letters every week. Many of the problems would be seen as very trivial now but I'm sure most of the replies helped the angst felt by teens.

Several years ago, someone had the bright idea of producing a series of compact discs with popular songs from the Jackie days. My sister has some of the albums!

### General knowledge Quiz Answers

1. d. Rosh Hashanah
2. d. 0
3. c. Draco Malfoy
4. a. Red
5. c. Commodores
6. d. Hummingbird
7. c. Brazil
8. a. Venus
9. b. Nixon
10. d. Dunkirk

### British sitcom Quiz answers

1. Red Dwarf
2. Goodnight Sweetheart
3. Bless this House
4. Benidorm
5. Mrs. Brown's Boys
6. Dinner Ladies
7. Just Good Friends
8. Keeping up Appearances

### Last month's Quick Quiz Answers

1. British Broadcasting Corporation
2. Almonds
3. Oxygen
4. David Cameron, between 2010 - 2016
5. Jacqueline Jossa
6. The Nile
7. 50 metres
8. Jennifer Aniston (Rachel Green), Matt Le Blanc (Joey Tribbiani), Lisa Kudrow (Phoebe Buffay), Matthew Perry (Chandler Bing), Courteney Cox (Monica Geller) and David Schwimmer (Ross Geller).
9. Balmoral Castle
10. Smell, sight, hearing and taste
11. Will Turner
12. Sheffield



### What is Mindfulness?

**M**indfulness is the aware, balanced acceptance of the present experience. It isn't more complicated than that. It is opening to or receiving the present moment, pleasant or unpleasant, just as it is, without either clinging to it or rejecting it.

*Sylvia Boorstein*

### This month's Mindful Moments

The mind is just like a muscle the more you exercise it, the stronger it gets and the more it can expand.

*Idowu Koyenikan*

The only way to live is by accepting each minute as an unrepeatable miracle.

*Tara Brach*

Don't let life harden your heart.

*Pema Chödrön*

Drink your tea slowly and reverently, as if it is the axis on which the world revolves slowly, evenly, without rushing toward the future.

*Thích Nhất Hạnh*



This month in the audio edition, listen to Toni Kalvans sing 'Let's talk about love' originally by Celine Dion and, 'Dreaming of you' also originally sung by Celine Dion



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The songs were recorded by Nomis Industria.

## Self-Harm, Support and Recovery service

Our Self-Harm Support and Recovery service offers support for anyone aged over 18 who is living with self-harm or who has experienced suicidal thoughts.

### How can Self-Harm Support and Recovery help me?

Our support is tailored to each person's needs. We will help develop new ways to cope and to reduce any isolation experienced. Support might include:

- Tailored 1-2-1 support of up to six sessions at each person's preferred pace.
- A recovery plan developed with a dedicated support worker as part of a 1-2-1 support plan.
- Activities such as therapeutic art, crafts and mindfulness.
- Relaxation and distraction techniques.
- Social groups to help meet new people and share hobbies and interests with.

The service is available to anyone living in Stoke-on-Trent or Staffordshire and is now taking new referrals offering telephone support and access to virtual social and art sessions – see page 20 for

more information or telephone 07824 505538

## Local History Moorcroft Pottery

The first pieces of fine art pottery from Moorcroft were designed by William Moorcroft and launched into the world in 1897.

awards, Moorcroft was appointed. "Potters to H. M. the Queen", an honour that William proudly accepted on behalf of his company.

Following WWII the company wanted to lift the mood of the nation and so a dramatic use of colour began to emerge from the Moorcroft kilns.

Every piece of pottery involves many hours of labour.



From the outset this new art pottery was purchased by prestigious stores including Liberty and Harrods, both of London, and Tiffany & Co. of New York.

Early examples of Moorcroft are still much prized by the most renowned auction houses across the world and regularly fetch high prices when sold.

In 1913 with the aid of substantial funds from Liberty, William was able to move production to the present Sandbach Road site.

In 1928 after winning many gold medals and international

Today the design studio comprises five world-class ceramic designers who over the years have contributed many hundreds of pottery styles.

Her Majesty Queen Elizabeth II still regularly takes new Moorcroft designs into the Royal Collection.

The quality of Moorcroft and the artistic skills of its workforce means that after over one hundred years the pottery is sold worldwide bringing a kaleidoscope of colour to collectors.



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## City Snap



**The fascinating façade of the Wedgwood institute.**

**Picture by: Charlotte**



## Daleks

***Exterminate!* Dr. Who has been fighting the Daleks for over fifty years.**

**Here are ten facts.**

- 1 The Daleks made their appearance in December 1963.
- 2 Dr. Who aired for the first time the week before meaning they're as old as the show.
- 3 Creator Terry Nation based the design on a cafe pepper shaker.
- 4 The original Daleks were controlled from the inside by operators.
- 5 There were many early complaints by angry parents who wanted the show moved to a later slot as their kids

were having, 'Dalek nightmares'.

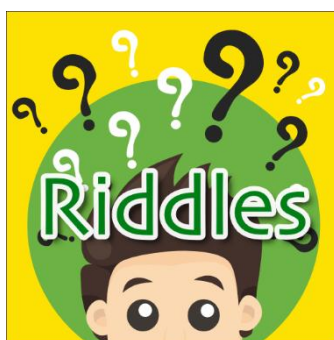
6 The word, 'Dalek' has been put into the Oxford English Dictionary.

7 Peter Cushing played Dr. Who in two not so great films featuring the Daleks in 1965 and 1966.

8 Davros created the Daleks (see 'Genesis of the Daleks', 1976) and is their sometime leader.

9 The Daleks have evolved over the years and in 1988 a new generation conquered a flight of stairs.

10 Doncaster man Robert Hull holds the Guinness world record for the largest collection of toys and replicas with almost two thousand items.



## Questions

1. What has to be broken before you can use it?
2. What question can you never answer yes to?
3. What has a head and a tail but no body?
4. What building has the most stories?

5. A word I know, six letters it contains, remove one letter and twelve remain. What is it?
6. What word is 3/7 chicken, 2/3 cat and 2/4 goat?
7. What word is pronounced the same way if you take away four of its five letters?
8. What can fill up a room but takes up no space?
9. I am always hungry and will die if not fed but whatever I touch will soon turn red. What am I?
10. What word of five letters has one left where two are removed?

## Answers

1. An egg
2. Are you asleep yet?
3. A coin
4. A library
5. Dozens
6. Chicago
7. Queue
8. Light
9. Fire
10. Stone

## Jokes

My three favourite things are eating my family and not using commas.

A priest a Buddhist and a rabbit are waiting to give blood. The nurse asks, 'What's your blood type?' The rabbit replies, 'I'm probably a type O'.

The meaning of opaque is unclear.



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Do any hikers who climb the World's highest mountain ever rest?

The lift broke at work so I took the stairs. Now no one can get down.

The guy who stole my iPad should face time.

An armed man ran into an estate agents and shouted, 'Nobody move!'

Before lockdown I always said that I was too busy for DIY. Turns out I was just idle.

I would never have believed that eight weeks of uncut hair would weigh over a stone but my scales must be right.

Did you hear about the new auto body shop that just opened? It comes highly wreck-a-mended.

## How to contact the Newsletter team

You can contact the Newsletter team with content or ideas using this email address:

[news@brighter-futures.org.uk](mailto:news@brighter-futures.org.uk)

## Quick Quiz

1. What is the capital of Germany?
2. Vienna is the capital of which country?
3. What is the capital of Portugal?
4. Copenhagen is the capital of which country?
5. What is the capital of Turkey?

6. Budapest is the capital of which country?
7. What is the capital of the Czech Republic?
8. What is the capital of Ukraine?
9. What is the capital of Serbia?
10. Helsinki is the capital of which country?
11. Bratislava is the capital of which count
12. What is the capital of Lithuania?

Answers in next month's issue of Newsletter EXTRA

## Listen to the Newsletter

You can listen to the newsletter using the web address below:

<https://www.brighter-futures.org.uk/clubhouse-network-newsletter/>

## Jacqui's walk for Cancer Research

Support worker Jacqui has taken up a walking challenge to raise money for Cancer Research. Here is her story: I decided to do this challenge not only to get fit as working from home you tend not to move about as much! Also, I've done the pretty muddy course for cancer the last couple of years but with Covid all events were cancelled so when this popped up I thought it was perfect and a good way to raise money for the charity.

I've raised just over £92, and my target is £100. I have just

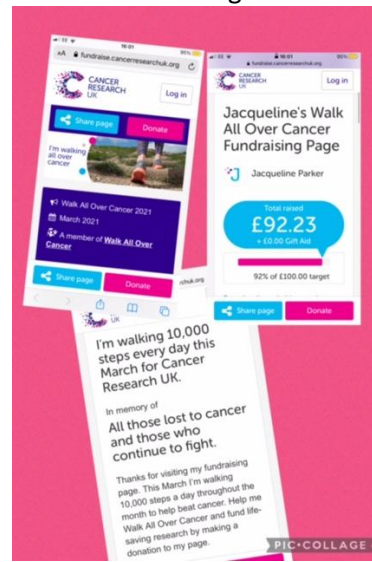


### You're halfway there, Jacqui.

It's time to give yourself a massive pat on the back because you're halfway through the challenge. You've now walked over 150,000 steps - that's the equivalent of...

- The Channel Tunnel and back, plus another 12 ish miles!
- Walking the length of Hadrian's Wall
- 372 laps of an official National Football League pitch

under a week to go now and hopefully will hit the target I set out for. I feel it's vital that we continue to fundraise for charities as Covid has not only impacted on us all but also the charities, so I wanted to do my bit to help people who have suffered with cancer and those that continue to fight.



### STOP PRESS

Fantasy football results-  
Van Windscreen Paint Cup  
Stoke C 4-3 Torquay U  
Wrexham 2-4 Port V  
Shrewsbury T 1-5 Crewe A



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## Pets' World –Diane's new dog Spice

For some time I have been toying with the idea of getting another dog. Partly because Boe is getting older and doesn't like being in the house on his own and partly because I've always had border collies and I wanted another one to train and enjoy.

In January someone tried to break into my house by removing the glass panels in the back door. They didn't get in. Boe is going blind and deaf so didn't notice a thing. That gave me the final push to start seriously looking for a dog. It would just make me feel more secure.

I've always preferred a rescue dog so started looking on all the sites and contacting various organisations. Unfortunately none of the local rescues were open due to COVID.

A friend who works at the hospital asked if I had thought about taking in a dog from abroad.



Researching into this I discovered what an awful time some of these dogs were having. Being left to roam the streets, being kicked, and having things thrown at them by passers-by. Others were tied up outside 24 hours a day, with very little food or water.

So the decision was made I would adopt one of these street dogs.

I came across a group called 'Moss Mania' who were an organisation who were rescuing from Romania.

They had several dogs on line, and the one that caught my eye was Spice.

She was an eight months old Romanian sheep dog cross. Spice had been found in a bus station in Bucharest with her brothers.

I contacted them and started the adoption process.

A gentleman contacted me initially and asked me several questions about my experience with dogs and my home situation.

I filled out several forms. Because of COVID no one could visit so I sent photos of the house and garden to them.

Then I had to wait for approval from the organisation. It was 2 very long days ...

Eventually I had the message I had been waiting for; I had been approved and Spice would be arriving complete with passport a week later on 7th March.

Another very long wait ...



The dogs had a very long journey. Leaving Romania on the 'Happy Bus'. On Friday 5th March, they travelled by road and ferry, eventually landing at Southampton on Sunday morning. There were forty dogs in all, to be delivered all over the country.



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Because of several delays on the way, Spice wasn't due to be at my house until 2am Monday morning so I arranged to meet them at Northampton on Sunday evening.

As soon as I saw the happy bus I cried. Spice was very nervous and one of the guys checked my details and lifted Spice into the car.

She was very happy all the way home, wagging her tail constantly.

However when I got home things didn't go to plan. I put her collar and lead on and tried to encourage her out of the car. She wouldn't come so I picked her up and put her on the floor.



Immediately she slipped her collar and ran off. By now it was nearly 11pm and very dark. No one else was about.

Spice ran into someone's garden. I tried to catch her but she kept ducking out of the way. The neighbour came out to see what was going on. He tried to help for a bit then went back into his house. By now I had dropped my keys and phone somewhere and was in a panic.

I decided trying to catch her was making her worse so just sat in the road to see if she'd come to me. We just sat looking at each other. It was now getting on for midnight, it was cold and I really needed to come up with a new plan.

I stood up slowly and walked behind her, rounding her up like a sheep with my arms stretched out.

She headed in the direction of the garden so I quickly opened the gate and in she went. Unfortunately it was the back garden and I didn't have a key for the back door and to get to the front I have to go back on to the road and round to the front of the houses.

So as fast as I could I found my keys and phone in the road, ran into front door through the house and out to the back. Hoping and praying she hadn't managed to escape.

She had run into a corner at the side of the house. I put her collar back on her and tried to get her to come into the house to no avail. I then tried enticing her with chicken leaving a trail but as soon as she got to the door she'd run back.

By now I was cold, tired and ready to cry. There was nothing for it. I went over and just about managed to pick her up and carried her into the house.

She ran into the dining room and hid in the cupboard under the stairs.



That was more than enough for one night, so I put some food, water and her bed by the door, grabbed a blanket and Boe and I spent the night on the sofa to keep Spice company.

We would see what tomorrow would bring ...

*End of Part One*



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# Easter Traditions

**Easter is a time of chocolate eggs, Easter bunnies, the new life of Spring and for some the crucifixion and uprising of Christ.**

**But what is Easter to you?**

With the warmer weather around the corner and a long weekend for some it is a time to get away to visit friends or relatives or get a few days holiday.

We all eat far too much chocolate and sweets especially those delicious looking eggs.

Then there's the visit from the Easter bunny.



The Easter bunny is a mythical creature who first originated in Germany in the 1700s. Known as the 'Oschter Haws' The rabbit, or hare as it was then, would lay colourful eggs as gifts to children who had been good. The children would build nests for the bunny to leave his eggs and leave out carrots in case he got hungry.



Why eggs and not baby rabbits you may ask as rabbits don't lay eggs?

Well that's because the egg has been an ancient symbol of fertility, rebirth, and new life all things associated with the Springtime celebration of Easter.

The decorating of eggs goes back to the 13th century when eggs were traditionally a forbidden food during the lent season. (Lent is the 40 days before Easter when Christians only eat basic food and have no treats of any kind. Some will refrain from meat too)

The Easter bunny is usually a white rabbit carrying a basket of eggs, however, in Australia he is known as the Easter Bilby. That's because here rabbits are seen as pests, so not very welcome. The Bilby is a marsupial type creature.

In Switzerland children are visited by the Easter Cuckoo and in some parts of Germany the Easter fox or Rooster.

Hot cross buns.

They began in Ancient Greece, thought to be symbols of honour towards their Goddesses.

They became popular at Easter as bakers were forbidden to sell spiced breads except on special occasions. Like the Friday before Easter, Good Friday. Hot cross buns baked on good Friday were believed never to grow mouldy. Kept as good luck charms they were hung from windows.

Sometimes they would accompany sailors on a voyage or buried in piles of grain to ward off rodents. Today they mainly represent the Christian symbol of the cross.

The Simnel cake often eaten at Easter is the same as the Mother's Day cake but now more traditionally eaten at Easter.

For Christians it is the most important time of the year celebrating first the death of Jesus on the cross on Good Friday then on Easter Sunday his rising from the tomb. The Easter celebrations last for 40 days.

**However you celebrate Easter. Have fun, eat chocolate, enjoy and remember it is the start of new beginnings for all.**

**Happy Easter**



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## Support and Services Contact Information

### Groceries

**Freshview** foods 01782 717806

Delivery within 10 miles of Wolstanton.

**Walkers** (near Whittle Court) 01782 274075

Order and pay over the phone, then collect outside the shop.

**[www.heinztohome.co.uk](http://www.heinztohome.co.uk)**

16 tins of beans, tomatoes, spaghetti and soup.

£10 plus £3.50 Hermes delivery. Delivered within 3 days.

### Support

**[Changeshere4u.org.uk](http://Changeshere4u.org.uk)** - Zoom meetings or can phone in.

**CALM Campaign Against Living Miserably** - Hardship and Suicide Prevention to all, especially older males.

0800 58 58 58 5pm to midnight

**Samaritans** 116 123

**Bereavement Helpline** 0800 2600 400 8am to 8pm.

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## Sudoku – Solutions

6	8	1	9	4	5	3	7	2
7	4	2	1	3	6	5	8	9
5	3	9	7	2	8	6	4	1
9	6	3	4	1	7	2	5	8
8	5	7	2	6	9	1	3	4
1	2	4	5	8	3	9	6	7
3	7	6	8	9	1	4	2	5
2	9	5	3	7	4	8	1	6
4	1	8	6	5	2	7	9	3

2	8	3	7	6	5	1	9	4
7	9	5	2	1	4	8	3	6
4	6	1	3	9	8	5	2	7
5	4	2	9	8	6	3	7	1
6	1	7	5	2	3	9	4	8
8	3	9	4	7	1	6	5	2
1	7	4	6	3	9	2	8	5
9	5	6	8	4	2	7	1	3
3	2	8	1	5	7	4	6	9

8	2	1	3	6	9	5	7	4
9	7	6	4	1	5	8	3	2
3	4	5	2	7	8	6	1	9
2	1	9	8	3	6	4	5	7
5	6	3	9	4	7	1	2	8
4	8	7	5	2	1	6	9	3
7	5	2	6	8	4	3	9	1
1	9	4	7	5	3	2	8	6
6	3	8	1	9	2	7	4	5



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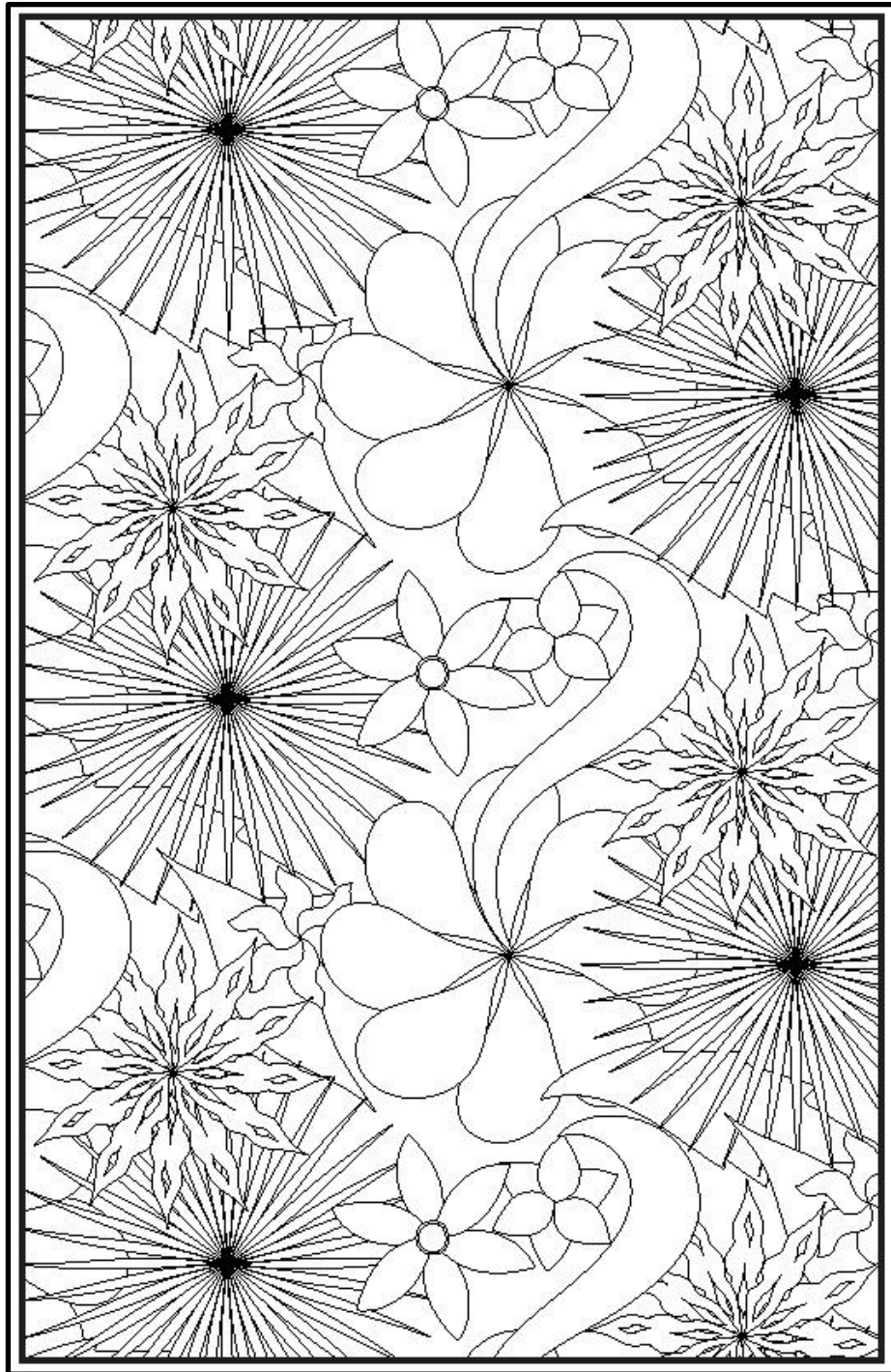


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## Mindful Colouring

23

Express yourself in colour with this mindfulness colouring picture.  
Colour this in and we will publish the ones we like in the Newsletter.



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Thanks to everyone who  
contributed to this issue of the  
Clubhouse Network Newsletter

# Extra.



**brighter futures**  
creative support, housing and employment