

Hello everyone, this is the thirteenth edition of the Clubhouse Network Newsletter. Thanks to everyone who made contributions to this issue. We aim to include as much of your content as possible. Please let us know what you would like to see included in future issues.

Etruria Canals Festival

The 2nd and 3rd of June saw the Etruria Canals Festival take place at Etruria Industrial Museum. This annual event brings together crafts, entertainment, food and drink with a splendid backdrop of beautiful narrow boats at the confluence of the Caudon and Trent and Mersey canals.



The Bone And Flint Mill

Brighter Futures had a stall at the event on the Saturday. The stall featured all of our publicity material and The Clubhouse Network Newsletter.



Our Information Stand



Beautiful Narrowboats Pack The Navigation



The Future Is Bright

We had beforehand made up the information packs which we gave out to the public. Of 149 packs made up 109 were distributed. Maralyn and Jean in particular were ace salespeople distributing most of our packs.

Volunteers Who Worked on the project:

Phil Bowyer
Adam Campbell
Howard Dexter
Gary Dutton
Maralyn Edwards
Mark Gilbert
Sue Reeve
Phil Scoggins
Jean Sturgess

We saw many other Brighter Futures customers throughout the day and also some people who said they were having mental health problems and that Brighter Futures might be just what they needed.

ALSAGER CARNIVAL



No Wonder He's Juggling, The Things Are On Fire
On 9th June members visited Alsager Carnival. The carnival parades through the town and finishes in the park. Prizes were given for the best floats and walking groups.



A Diner On Wheels. Mine's Eggs Over Easy
There was plenty of food available in the park. The local cubs and scouts were selling burgers and hot dogs.
A great time was had by all on a very hot day.

Newsletter Availability

As well as the print edition, the newsletter is available in other formats. From The American an audible version of the newsletter is available on CD to borrow, listen and copy. In addition an audible mp3 version and text version are on the desktop of the customer computers at The American. If you would like to receive the Newsletter by email (as text or audio) ask Gary, Howard or Mark. You can also send a request to volunteeringlande@brighter-futures.org.uk to be put on our emailing list.

Have fun with this Sudoku Puzzle!

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

(The solution is on the notice boards)

The Newsletter Online

The current newsletter and back issues are now available online. Scan this QR Code to be taken to the webpage where you can view the newsletters.



Use the QR code or type in this URL

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

Photography Group

Learn to take better photos! The photography group meets every Tuesday from 10:30am at the American Clubhouse. Howard and Dave run this group.

Colouring Group

The Colouring Group meets at the American Clubhouse (in the main room) on Thursdays 2:00pm – 4:00pm. All members are welcome. This group is facilitated by Charlotte and Jean. Please come along and take part in this creative and relaxing activity.



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Craft Workshop at

The American Clubhouse.

If you like crafting then come
and join us on Wednesdays 10:00am till 2:00pm.

Topics will include how to make earrings,
necklaces and bracelets.



Are you living with self harm?

Come along to our Echo group, for those aged 18+, and talk in confidence to other people who understand how you're feeling and find new ways to cope. Relaxed, informal environment and creative activities.

WHEN:

Every Wednesday 10am-2pm

WHERE:

Newcastle Community Fire Station,
Knutton Lane, Newcastle under Lyme,
ST5 2SL

"Echo has given me
so much & I am
slowly beginning to
believe in myself."
- Echo customer

For more information call our Echo team on 07500 444 116

www.brighter-futures.org.uk



Your monthly Newsletter is created by:

Reporter: Gary Dutton

Reporter: Howard Dexter

Editor: Mark Gilbert

Proofreader: Gary Dutton

Approval: Sharon Godwin

Printed at Whittle Court

And all the members who made contributions to
this issue.

Clubhouse Network

Gardening Group at

The American Clubhouse.

If you like gardening then come
and join in tending the Mike Moors Memorial
Garden or just sit in the garden and enjoy
this relaxing space.



Staffordshire Mental Health Helpline

Worried? Stressed? Suicidal?
Need somebody to talk to? Call:

0808 800 2234

FREE and CONFIDENTIAL

7pm - 2am weekdays

2pm - 2am weekends

365 days a year



Text - 07860 022821



Email - staffordshire.helpline@brighter-futures.org.uk



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Park Lives Free Weekly Activities 2018

Day	Activity	Time	Park	Meeting
Monday (excluding Bank Holidays)	Health and Social Walk	2.00pm-3.00pm	Canal/Hanley Park	Shelton Primary Care Centre ST1 4PB
Tuesday	Zumba	11.00am-12.00pm	Bucknall Park	Tennis Courts
Tuesday	Health and Social Walk	2.00pm-3.00pm	Westport Lake	Visitors Centre
Tuesday	Walking Football	2.00pm-3.00pm	Tunstall Park	Sports Courts
Wednesday	Turn up and Tone	10.00am-11.00am	Queens Park Longton	Clock Tower
Wednesday	Health and Social Walk	11.00am-12.00pm	Tunstall Park	Floral Hall
Wednesday	Turn up and Tone	12.30pm-1.30pm	Central Forest Park	Café Area
Thursday	Ladies Turn up and Tone	10.00am-11.00am	Bucknall Park	Tennis Courts.
Thursday	Fun Fitness Session	11.30am-12.30am	Fenton Park	Main entrance by Victoria Road.
Thursday	Zumba	11.15am-12.15am	Northwood Park	Sports courts.
Friday	Health and Social Walk	11.30am- 12.30pm	Smithpool Park	Whieldon Road by the Regent Inn ST4 4JG
Friday	Zumba	10.00am- 11.00pm	Fenton Park	Main Entrance by Victoria Road.
Sunday	Turn up and Play	2.00pm-4.00pm	Queens Park Longton	Clock Tower Area

For more information and additional sessions please visit www.parklives.com . All walks are led by walk leaders from the Closer to Home Network.



THE DIRECTORY Places Members May Like To Visit

Name	Where	What
Impact Boxing	Brocksford Street Fenton	Boxing fitness classes
Root and Fruit	Trubshawe Community Allotment Burslem	Learn how to grow your own food
Kniveden Partnership	Leek	Gardening and growing, pottery, woodwork, Jewellery and alternative therapies
Growth Point	Shelton Allotment Site	Gardening, growing. Tutor Led
Cultural Squatters	51/53 Merrial Street Newcastle under Lyme ST5 2AH	Cafe, Table Tennis, Art One rule. Our rule. #bekind http://culturalsquatters.uk/
Over 55 Lunch Club	Whitfield Valley Centre	Are you 55 years or older? If so come and join our Luncheon Club Monday from 1:30 pm. Activities, including gentle exercise (1:30 – 2:00 pm), follow by lunch and three games of bingo. All for £4.00
Echo Art Workshop	Swan Bank Methodist Church	Group Art Session. Art co-ordinator facilitated. Open door membership policy, no booking required - for Brighter Futures Clubhouse members experiencing self harm.

If you have questions about any of these venues, activities or events ask Mark for further details.
This directory will expand each month as we visit or learn about new venues and activities.



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Clubhouse Network Newsletter Into Its Second Year.

Remember These?



Can you believe that the Clubhouse Network Newsletter is into its second year? We hope you think that the newsletter has become progressively better over the last year. Don't forget that this is your newsletter and we cannot produce it without you. A huge thank-you to everyone who has contributed. We hope to keep improving the newsletter over the coming months and that you will continue to enjoy reading it.



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Ten Pin Bowling

Would any members be interested in going to have a go at ten pin bowling? Talk to Jesse if you would like to come along. Details to be confirmed.

Useful Contacts

Clubhouse Network:

The American - 835 220

The Observatory - 272 799

24/7 0300 1231535 Ext. 1470

Brighter Futures Helpline -
0808 800 2234

Echo - 07500 444 4116

Safe Spaces Network - 811 815

North Staffs Mind - 262 100

Citizens' Advice Bureau -
0344 411 1444

advice@snsCab.org.uk

www.snsCab.org.uk

Changes - 413 101

Headway House - 280 952

Greenfields - 0300 790 0236

Sutherland Centre - 0300 123
1162

GrowthPoint - 0300 123 0907



Brighter Futures QR Code. Scan to be taken to the Brighter Futures website or use:

<http://www.brighter-futures.org.uk/>

Walking Group

Want some gentle exercise? There is a walking group every Tuesday starting at 1:00pm from 24/7.

Local History

We hope you enjoyed reading about master potter Josiah Wedgwood in Issue #12. This month features Victoria Hall in Hanley.

Victoria Hall

The Victoria hall is a popular venue for musical performances of all types from rock to classical. The last two performances your editor has been to see at the Vicky Hall were Suzanne Vega and the Can't Sing Choir. Both excellent in their own way.

Victoria Hall was constructed as an annex to Hanley Town Hall in 1888, as part of the city's celebrations for Queen Victoria's Golden Jubilee. Originally the building had a capacity of 2800 people, but this has since been reduced considerably to 1467 as seating replaced wooden forms and benches. The original building was made of red brick and terracotta, and designed by local borough surveyor Joseph Lobley.



Old And New Victoria Hall

As an adjunct to the town hall, the building originally had minimal front-of-house facilities. To remedy this, an extension was constructed in 1999 as part of the development of the Cultural

Quarter, providing a new entrance space with information desk and a café.

This Month's Recipe

We hope you had a go at making the **IKEA** meatballs in issue #12 of the newsletter. Here is another easy to make and very tasty recipe. Enjoy baked turkey ragu; proper comfort food. Whether you are a would-be contestant on Master Chef or 'can't boil an egg' please give this a go! Cooking yourself a nutritious meal can be very rewarding whether it is just for you, friends or family. Please let us have any recipes you enjoy making. This recipe serves 4 - 6.



Turkey Ragu

Ingredients:

Ingredients

1 tbsp olive oil
2 onions, finely chopped
500g turkey mince
1 garlic clove
2 x 400g cans chopped tomatoes
1 tbsp chipotle paste (or to taste)
300 ml chicken stock
400g pasta shells
250g tub mascarpone
200g cheddar, grated
2 tbsp grated parmesan



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Method:

Heat the olive oil in a large pan. Add the onions and cook for 8-10 mins until softened. Add the mince and brown all over. Once browned, add the garlic, tomatoes, chipotle paste and chicken stock, and bring to the boil. Turn down to a simmer and cook, uncovered for 35-40 mins, adding a splash of water if it looks too dry.

While the turkey cooks, boil the pasta following pack instructions, then drain, reserving some of the water. In a small pan warm through the mascarpone with a splash of the hot pasta water over a low heat. Add 140g of the cheddar season and stir to combine.

Heat oven to 200C/180C fan/gas 6. Transfer the turkey sauce to a large baking dish. Stir the cheese sauce through the pasta and pour over the mince. Sprinkle the remaining cheddar and the Parmesan on top. Bake in the oven for 20 mins or until golden and crispy at the edges.

Events

If you would like an event publicising in the newsletter please let us know.

Day Trips

There are lots of day trips throughout 2018. Go along on a trip, you will have a great time. See Howard or Gary for latest details.

Football

Football for everyone. Don't forget Walking Football is still on. Tuesday from 2:00pm to 3:00pm. This activity is at Dimensions on Scotia Road and is free to take part in.

If you are over 50 and would like to play regular football then there is a weekly group starting at the YMCA (Hanley) Wednesdays 11:00 – 12:00, Thursdays 6:00pm-7:00pm.



Pete, Mickey, Dave and Phil B ready for Kick Off

Play football with Brighter Futures on Mondays 2:00pm – 3:00pm at the YMCA Hanley.

Impact Boxing Fenton

An interested group of people from the American went to visit Impact Boxing in Fenton



The venue is owned by wife and husband team. Jacqui and Scott Lawton. As well as a well equipped gym they offer boxing classes for fitness all at very reasonable prices.

The group was very impressed

with the facilities (lounge and kitchen included) and what was being offered.

Album Of The Month

In this new feature **Music Man** will review an album of his choice. This month's album review is of "Wilderness" by "Snow Patrol".



The band have certainly kept their fans waiting as it's been seven years since the release of "Fallen Empires" (2011). Although during this time the band have been writing for other artists.

The album gets off to a flying start with singles "Life on Earth", "Don't Give In" and "Empress". After the funky, catchy "Dark Switch" the pace slows down with stripped back ballads "What if this is all the love" and "Soon" proving that Gary Lightbody can write a love song with the best of 'em.

The last song "Life and Death" is the longest at 5:30, a slow burner and for me gets better with each listen.

Finally, I would recommend that you buy or download the Deluxe CD as there are five extra acoustic versions of the tracks.

So a definite thumbs up from



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me for the band probably most famous for the massive single "chasing cars".

Seven years is a long time to be away but as I write this extra dates are being added to the band's large venue tour with fans eager to hear live songs old and new.

Music Man

GIANT KNITTING

At Echo Mental Health Day



Ange With The Giant Knitting

For World Mental Health Day at the Echo group we have been knitting bunting. Which we have thoroughly enjoyed. The clients had a little production team going on. Some people are now knitting at home and have said how much more relaxed they have been feeling as a result. Now we are going to the extreme. Knitting our way back to sanity we are going to cast on great big thick needles and extra thick wool.

Ange

Volunteering

There are many different volunteering opportunities within the Clubhouse Network. Volunteering can be very beneficial and help develop skills, such as communication, money handling, organising, events, pool tournaments or working in the cafes.



Volunteer Stories

Do you volunteer with Brighter Futures? We would like to print your story about how you came to volunteer.

If you feel that you would like to try volunteering then please contact Mel McClure at Brighter Futures.

This month's volunteer is Alison who tells us about her voluntary work and life outside of Brighter Futures.



Alison

I have been with Brighter Futures since 2011. I have a role with Brighter Futures as administration assistant in the Business Growth, Communications and Marketing Team.

My voluntary role is as an art workshop facilitator at Furlong Court.



In Action, Channeling Jackson Pollock At Furlong Court



Abstract Expression

I also do some voluntary relief work for Echo when needed.



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I have a passion for art and I am a member of Stoke-on-Trent Urban Sketchers. Recently we went sketching at Cheddleton Flint Mill which was very enjoyable. We travelled down to Southampton to meet up with a similar group. We sketched various places in the urban environment.



Alison's Excellent Sketch Of Chatterley Whitfield

I joined Urban Sketchers in 2016 and now plan events for them. I have recently begun to write poetry with poetry group The Exciting Writers of Biddulph. I like listening to all types of music and viewing art taking place in the Biddulph area.

Volunteer Celebration

The annual Volunteer Celebration took place at Furlong Court on 6th June. Volunteers were invited to come along for a lunch with fun activities.

Air Hockey was popular as was table tennis. There was an opportunity to use the gym. Representatives from Fit 4 Less (Tunstall) came along to assess peoples' fitness.



Delicious Lunch

The lunch was catered for the volunteers by the Catering Network. It really was an excellent and delicious meal. There was a fun and fascinating poetry reading. This was enjoyed by everyone.



The Giant Knitting Had An Outing With Jean On The Sticks

Ange brought the giant knitting with her and a few people had a go with the big sticks.

Thanks from all the volunteers to Brighter Futures for putting on this event for us.

Clubhouse Stories

Please give us your stories of what the Clubhouse Network means to you.

This Month We Have Lee

I have been attending the American Clubhouse for seven years. One of my friends used to attend at The Observatory which was how I found out about the Clubhouse Network. I attended the American for the first time on my own. I was a bit nervous but I found that the

members were very friendly. I attended the Observatory and the art group at The American.

I have enjoyed the maths and English groups at the American.



Lee

In the last year and a half I have been volunteering with property services. I work doing water testing and painting amongst other things. I very much enjoy doing this work and won a Brighter Futures Volunteer award in 2017.

Brighter Futures has helped me tremendously with my self confidence.

I very much enjoy coming to the groups and volunteering.

Talk To Us!

You can give any contributions to Gary, Howard or Mark. You can also send ideas or stories to volunteeringlande@brighter-futures.org.uk



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Mike Moors Garden

Here are a couple of pictures showing the garden in bloom.



The Flowers And Veg Looking Great



Blooming Marvelous Raffles

The Baking Raffle raised £36.00. The winning number was held by Emma (Echo).

Please can people donate prizes for the next raffle? Any reasonable items accepted.

Please can winners return their wicker baskets if possible!!!

See Jean to donate for future raffles.

Thanks to Jean for organising the raffles.

24/7

Nail Art takes place on the first Sunday of every month from 12:00pm till 2:00pm at 24/7 (Hillcrest).



Karaoke

The Karaoke Nights at 24/7 are great fun! All Clubhouse members are very welcome.



Don't worry you do not have to sing, just go along and enjoy listening to the tunes.

This takes place on the first Wednesday of every month from 4:30pm till 7:30pm.

Sunday Lunch

Did you know you can get a delicious Sunday lunch at 24/7 from 12:00pm-1:30pm and 2:00pm – 3:00pm?

The cost is £4.25 with proceeds going back into the catering network.

Steve Rhead

On Friday the 29th June the Observatory in Hanley will bid a fond farewell to Steve Rhead. from North Staffs Combined Healthcare trust.

Steve and his team have delivered x 3 sessions a week at the Observatory clubhouse in partnership with Brighter Futures, these include a woman only group on Monday, Jam Factory music group on Wednesday and men only on Friday.

An ex-teacher, Steve has had a varied career. For ten years, with his brother, he was a professional musician. Signed by EMI and Warner Brothers, the siblings were known as The Rhead Brothers.



Steve with his Yuke

Releasing two albums Dedicate and Black Shaheen both sold well in Japan and America where their songs are still played on the radio. Describing their sound as a bit like the Eagles and Steely Dan both can be downloaded on YouTube.

Steve says his biggest pleasure has been seeing members develop through music. Going on to write their own songs, learning to play various instruments and then being able to teach others to play.

Over the years Steve has put many bands together to play at places like the American on Thanksgiving Day and other local venues but said



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the strangest was a prison, where before they were allowed in, most of their possessions, including house keys had to be handed in!

On his retirement Steve says he wants to do hill walking and at some point voluntary work in the Leek area.

He said he will still call into the Observatory to catch up with everyone, the advantage now being he won't have the paper work to do!

Finally he would like to thank all the staff and members for their help and support and we all hope Steve has a long healthy retirement.

AMERICAN LITTER PICKERS

Apologies to Subway who we missed from the list of businesses who gave donations for the American Litter Pick.



They kindly donated a meal. Thanks Subway!

City Places To Visit

We all know that Stoke is an industrial city but with the parks, greenways and canal tow-paths, nearly half, 45% is green!

Our first place to visit in this new feature is Westport Lake. There has been a lake on the site since the 1800s but in 1972, after a major face lift the Prime Minister, Ted Heath, was lured from Westminster for an official opening. This free attraction proved to be popular and in a summer soon after several tons of sand was deposited on the shore, with the "Sentinel"

dubbing it "Westport on Sea!"

In 2009, major work was completed on a £1.3 million café and visitor centre. The architects were the renowned Walker Simpson and the building has many unique features.



The Café. Pic: Dave Forrester

Made with reclaimed brick, it's very energy efficient with a wooden frame it is insulated with straw bales, solar panels provide some of the electricity and on the roof rain water is collected.

This is used when the centre's toilets are flushed!

During the mile long stroll around the lake, you will see many species of wild life. There are bikes to hire from the Green Door project for the able bodied and for people of various disability.

You can take a picnic using the many tables around the lake or visit the café for delicious Staffordshire oatcakes!

Next month editor Mark visits a country park for a free work out!

Mindfulness

What is Mindfulness?

To dwell in the here and now does not mean you never think about the past or plan responsibly for the future.

The idea is simply not to allow yourself to get lost in regrets

about the past or worries about the future. If you are firmly grounded in the present moment, the past can be an object of enquiry, the object of your mindfulness and concentration. You can attain many insights by looking into the past. But you are still grounded in the present moment.

Thích Nhất Hạnh

This month's Mindful Moments

Mindfulness is becoming aware that absolutely nothing in the Universe is mundane.

We have two ears and one mouth, so we should listen more than we say.

Zeno of Citium

We should look for someone to eat and drink with, before looking for something to eat and drink.

Epicurus

Crafting At The American Clubhouse

There is a craft group every Tuesday between 10:00am and 14:00pm at the American in the conservatory. Enjoy making all manner of crafted items.



The Craft Group



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Janice And Claire Card Making



Frank Building A Model Starship

The group is open to all members. Please come along and take part in this enjoyable activity. Claire leads this group.

Words With Paige

Here I stand on the edge of freedom holding on to life by a thread, I let the truth of lies hold me back no more, fighting through a desert of doubt left me foggy like a winters morning, poetically speaking a way to freedom is how a life like mine keeps on living, for a day never goes by without a struggle for freedom from a pain upon high—

Paige Roberts

Inside Brighter Futures

There are many parts to Brighter Futures. These are known collectively as the 'Schemes' of which the Clubhouse Network is one.

Each month we will be featuring someone from one of the Schemes. This month we have Jackie Smith who is Operations Manager at Safe Spaces.

I have been manager at Safe Spaces for three months. Prior to this I was deputy manager for eighteen months.

I am in charge of the general running of the house and I process referrals to Safe Spaces. The building has five bedrooms and we can cater for up to ten customers per week. Each person stays Friday to Monday or Tuesday to Friday.



Jackie



Safe Spaces QR Code.

[http://www.brighter-](http://www.brighter-futures.org.uk/safe-spaces)

[futures.org.uk/safe-spaces](http://www.brighter-futures.org.uk/safe-spaces)

We aim to provide a calm environment so people can have time for themselves whilst experiencing mental health issues.

Wholesome food during a stay includes a breakfast and evening meal daily.

Customers are free to come and go from Safe Spaces during their stay.

I get immense satisfaction from

seeing the progress people make with the help people receive at Safe Spaces.

When I'm not working I enjoy camping; I have a tent and a camper van. Spending time with my family. I love all types of music depending on my mood. Now my children have grown up Daisy my dog is my baby.

Race for Life

Lou Harris and Paige Roberts entered this year's Race For Life at Trentham Gardens. Paige raised money for Cancer Relief.



Paige and Lou In The Pink After The Race For Life

Caption Competition



You still have a month to come up for a winning caption for Paige's photo.



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Jokes

This month we have a selection of Jokes from ace joke teller and masterful magician Tommy Cooper. Just Like That!

Electricity is a wonderful thing. Do you realize that if we didn't have electric we'd all be watching TV by candle light.

I met my wife at a dance – I thought she was at home with the kids.

I just invested in a ladder without steps so I can clean windows on the ground floor.

My wife had a bad habit of biting her nails, but I cured her. I hid her teeth.

I sleep like a baby. Every night I wake up screaming at 2:00 o'clock.

Poets' Corner

This bit is for you. In each issue we like to include your poetry or creative writing. Any contributions will be appreciated. Jokes (clean ones) are also welcome.

Demons

There are demons inside of me, Although they're trying to break free.

I can't find the way you let them out.

Will They escape if I scream and shout?

I don't want them in this body of mine anymore,

If only I could find them in this body of mine anymore,

If only I could find the key to open the door.

I want my mind to be just mine, Then I'm sure everything will be just fine.

Maybe one day they'll just get up and leave for good

I just really wish that they soon would.

J Nixon

24/7 Timetable

Monday Social Space – Craft, Art, Pool, Board Games, Chat 9:00am – 9:00pm.

Tuesday Social Space – Games and Quiz Afternoon 9:00am – 9:00pm. Walking group starting at 1:00pm.

Wednesday Art Workshop 10:00am – 2:00pm. Arts and Crafts 11:00am – 2:00pm. Karaoke Evening 4:30pm – 7:30pm on the first Wednesday of every month. (24/7open 9:00am – 9:00pm as usual)

Thursday Social Space – Art, Pool, Board Games, Chat 9:00am – 9:00pm.

Friday Hand Massage by appointment only 12:00pm – 2:00pm.

Saturday Open 9:00am – 12:00pm. Breakfast Club – Toast and your first drink free. Open 9:00am – 9:00pm.

2018 JULY						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Observatory Timetable

Monday Women Only Service

Art and crafts, Relaxation, Bingo – 10:00am – 4:00pm.

Art Workshop – 6:00pm - 8:00pm.

Tuesday Art Workshop 10:00am – 2:00pm. Massage therapies by appointment only 12:00pm – 2:00pm.

Wednesday Jam Factory. Guided music workshops. Electric and acoustic instruments, digital track recording, karaoke. Referral required. Call Steve Rhead on 07540 673 560 for an appointment to view the project.

Thursday Closed.

Friday Man Days. Bookable guitar lessons, Music studio bookable practice sessions 10:00am – 12:30pm.

Photography Club 10:00am – 1:00pm.

Art. Informal band performance/rehearsal 1:30pm – 4:00pm.

The American Timetable

Monday Open 9:30am – 4:00pm. Pool Tournament 12:30pm – 4:00pm. Social 1:00pm – 4:00pm.

Tuesday Open 9:30am – 4:00pm. Craft Group 10:00am – 2:00pm. Social 2:00pm – 4:00pm.

Wednesday Open 9:30am – 2:00pm.

Thursday Open 9:30am – 6:00pm. Art Workshop 10:00am – 2:00pm. Help with computers, phones and tablets 1:00pm – 3:00pm.

Friday Open 9:30am – 4:00pm. Training when available. Creative Writing 1:00pm – 2:00pm. Games and Quiz afternoon 2:00pm – 3:00pm.



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Mindful Colouring

Express yourself in colour with this mindfulness colouring picture from the Art Group At The American. The picture is a view down Century Street before the end of the bottle oven era.



Thanks to everyone who
Contributed to this issue of the
Clubhouse Network Newsletter.



brighter futures

creative support, housing and employment