

Hello everyone, this is the fourteenth 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.

Six Towns, One City Carnival

On 8th July members had a day out at the Six Towns, One City Carnival.

This impressive event has become an annual fixture in Stoke-on-Trent's cultural calendar. First held in 2011 the Carnival has grown in size and popularity.



Come to the carnival!

A popular attraction was the Caribbean food. Jerk chicken and rice and peas were popular with many people.



Chicken Tonight?



Amazing colourful costumes everywhere



This lion isn't sleeping

There was a carnival costume parade which did a lap round Hanley Park. At the end of the parade everyone in costume congregated in the centre of the park for a celebratory dance to some funky Caribbean style music.

The carnival included a funfair! We are not sure how many members braved the rides though.



Paratrooper in the park

Other attractions included a variety of craft stalls selling their wares.

We will certainly be returning next year.

KIDSGROVE

Members visited Kidsgrove Party in the Park at Clough Hall on 7th July. Lots of fun was had by everyone.



Zig-zag on the sizzler

Fun for all was to be had at the funfair. All your favourite stalls and rides were there.



Duck, try to hook a duck

Despite the sugar tax, candy floss and popcorn were very popular.

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!

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

(The solution is on the clubhouse 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! Our 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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Clubhouse Network

Memory Boxes

Craft Workshop at

The American Clubhouse.

Make Memory Boxes with Ange Gamble.

Join us on Tuesday 21st August 10:00am till 2:00pm



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



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.



Your monthly Newsletter is created by:

Reporter: Gary Dutton

Reporter: Howard Dexter

Editor: Mark Gilbert

Proofreader: Jean Sturgess

Proofreader: Pete Wynne

Approval: Nicola Brophy

Printed at Whittle Court

And all the members who made contributions to this issue.



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 on Tuesday or Thursday afternoons at the American for further details. This directory will expand as we visit or learn about new venues and activities.



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Arts and crafts play a big part in the Clubhouse Network.

Making art and crafting are effective therapies for people with mental health difficulties and are enjoyable in their own right giving a tremendous sense of achievement when completed.

Crafts

&

Arts



Here is Frank's stellar collection of starships and aeroplanes.

These models are made from a material called Depron a type of dense plastic foam which can be cut without it splitting. Things have moved on from the days of balsa wood and tissue paper.

Frank takes inspiration from various science fiction shows and real life aircraft and blends it with his imagination to create these excellent models.



Wenda

Wenda's T-Shirts

Using a series of pictures that art co-ordinator Chris made, Wenda has created hand drawn T-Shirts showing scenes of Stoke-on-Trent from the bottle oven era.

Once Wenda has the outline of a drawing she shades in the picture according to her imagination. Wenda says some of her pictures are of tattoos but without being permanent and then when the shirt wears out it can be framed and hung on the wall.

Wenda would like to sell her t-shirts but it's not very lucrative considering the amount of work and time it takes to make a shirt.



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Mike Moors Garden

Here are some great pictures showing the delicious crop of vegetables we are harvesting from our garden. The volunteers are making a great success of this project. The vegetables are being sold to members with the money made going to the members' fund.



The tomatoes will soon be ready



Look at those thriving vegetables!



Radishes are popular at the moment



Beans and beetroot



Eat your greens



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The Olive & Stitch Market



Artisan Food &
Gift Markets at
Alsager Civic

Saturdays
~~July 21st~~
Aug 18th
Sept 15th

9am-1pm,
FREE ENTRY

theoliveandstitchmarket@outlook.com
www.theoliveandstitchmarket.co.uk

MAN UP

21st - 24th August

Restoke presents MAN UP, a ground-breaking performance about masculinity and mental health. Created with and starring men from Stoke-on-Trent.



Expect real-life stories, furious dancing and an unforgettable soundtrack as they take to the floor of a Working Men's Club... cash, bar and comfy seats included.

Venue: Goldenhill Working Men's Club - Kidsgrove Road, Stoke-on-Trent, ST6 5SH

Dates: 21st, 22nd, 23rd, 24th August - Doors open: 7.30pm. Performance: 8pm

Ticket price: £12.50 / £10. Age guide: 16+
www.restoke.org.uk/man-up

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.

Walking Group

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

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 11:00am - 12:00pm, Thursdays 6:00pm-7:00pm.

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

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

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.



Please can people begin donating items for the Christmas Tombola? Any reasonable items accepted. See Jean, Claire or a member of staff to donate.



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Shrewsbury Trip

On 28th June members took a trip to Shrewsbury. Everybody enjoyed this picturesque Shropshire town.



Members pictured above near Lily's Tea Garden

Lily's is only open in the Summer months as it is prone to flooding in the Winter.



Water levels sometimes rise as much as twenty feet!

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/>

Community Walks

Come along on a gentle walk from The American. There will be walks at 1:00pm on 2nd and 16th August.

This month's recipe

We hope you had a go at making the ragu in issue #13 of the newsletter. Here is another easy to make and very tasty recipe.



Lamb casserole

This luxury lamb casserole is full of flavour. 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.



Ingredients:

650g/1lb 7oz boned shoulder of lamb, cut into 2cm/¾ inch cubes

2 tbsp plain white flour, seasoned

1 tbsp olive oil

25g/1oz butter

1 tbsp tomato puree

600ml chicken and beef stock

1 dstspn Worcestershire sauce

1 sprig of fresh rosemary, finely chopped or 1/3 tsp dried

1 garlic clove, crushed

1 carrot, cut into coins

1 onion, cut into eight pieces

½ swede, cut into cubes

1 tbsp redcurrant jelly

Method

Preheat oven to 180C/350F/Gas 4. Put cubes of lamb in a plastic bag with seasoned flour and give bag a good shake so meat becomes well coated with the flour.

Heat large frying pan until very hot. Add oil and butter and then the lamb and over high heat, stirring now and then, until lamb is well browned. Don't crowd the pan; cook in



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batches if necessary. Transfer to a casserole dish and set aside. Add tomato puree, Worcestershire sauce and stock to pan, bring to the boil, scraping up all the little bits that have stuck to the bottom. Pour this into casserole dish, add rosemary, garlic and diced vegetables.

Add a little seasoning, cover with tight fitting lid and bake for 2 hours. Remove from oven stir in the redcurrant jelly return to the oven for a further hour or until the meat is tender.

Serve with buttery mash and red cabbage if you like.

Local History

We hope you enjoyed reading about the Victoria Hall in Issue #13. This month features Mary Adela Blagg.



Mary Adela Blagg as a young woman

Mary Adela Blagg (17 May 1858 – 14 April 1944) was an English astronomer.

She was born in Cheadle, Staffordshire, and lived her entire life there. Mary was the daughter of a solicitor, John Charles Blagg, and France

Caroline Footitt. She trained herself in mathematics by reading her brother's textbooks. In 1875 she was sent to a finishing school in Kensington where she studied algebra and German. She later worked as a Sunday school teacher.



Celebrating Mary in cheadle

By middle age she became interested in astronomy. She was particularly keen on the problem of developing a uniform naming system for the features of the moon.

In 1905 she was appointed by the newly formed International Association of Academies to build a collated list of all of the lunar features. In 1913. Her work produced a long list of discrepancies that the association would need to resolve.



The armillary sphere In Cheadle

After the publication of several research papers for the Royal Astronomical Society, she was elected as a fellow in 1916. She was one of five women to be elected simultaneously, the first women to become Fellows of that society.

In 1920, she joined the Lunar Commission of the newly formed International Astronomical Union. They tasked her with continuing her work on standardizing the nomenclature. For this task she collaborated with Karl Müller (1866–1942), a retired government official and amateur astronomer. Together they produced a two volume set in 1935, titled Named Lunar Formations, which became the standard reference on the subject.

The crater 'Blagg' on the Moon is named after her.

Album of the month

This month **Music Man** reviews a live concert featuring Sheena Bratt at Hanley Museum.



On Friday 29th June I had the pleasure of watching Sheena Bratt at the Potteries Museum Café in one of their Twilight Concerts.



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Local singer Sheena has been on the music scene for a number of years. In 2015, with her band Venus Rising the song Lazy Daze was championed by Mark Radcliffe on BBC6 music.

The performance was a chance to see her perform a stripped back set with just an acoustic guitar and small amp.

She set the tone for a very good night with Big Yellow Taxi by Joni Mitchel.

Saying she would do a mixture of her own songs and covers. Fire in Eyes, Everfree and Rainbow Child were for me the pick of her own material. These being interspersed by some great covers, including: How Sweet It Is by Marvin Gaye, Top Of The World by The Carpenters and Stuck In The Middle by Steelers Wheel. Finishing the first set with a rousing version of Ring Of Fire by Johnny Cash

After a short interval the second half got underway with a song that needed no introduction, Valerie made famous by Amy Winehouse . The 60's classic Son Of A Preacher Man went down very well with me and other older members of the audience.

Then followed her band's single Lazy Daze, even on first listen a very catchy song. She made us all smile with the next one She Will Be Loved, saying that she had forgotten who made it famous! I must admit I had as well but checked it out on my phone and it was Maroon 5.

The lovely ballad by punk band Greenday came next, Time Of Your Life. Then followed Eternal Flame made famous by the Bangles. Another sing-along favourite These Boots Are Made For Walking followed before the final song Dreams by the Cranberries.

At the end Sheena was only too happy to chat to people and I noticed her infectious little giggle that she did at the end of every song was more apparent.

So, a great night was had by all. Sheena said she liked the venue which she had previously performed in last year.

The Twilight concerts are held many times a year at the museum.. The concerts are always free and feature many genres of music.

Having seen Sheena for the first time I would definitely recommend her and hope that she makes a return to Hanley next year.

Music Man

Clubhouse Stories

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

This Month We Have Janice

I have been attending the American Clubhouse for around four and a half years.

It's a long time ago now but I think I remember seeing a leaflet about Brighter Futures which is how I came to attend the American Clubhouse.



Janice

Once I was settled in I felt very comfortable.

All the staff and members have been friendly and supportive when I've needed help.

I really enjoy crafting and am a member of the craft group. I enjoy making cards and jewellery. I have helped with craft stalls at events.

I helped run tombola and raffles where prizes included craft items.

I have been on bus trips and days out. I particularly like the trip to Chester.

Overall my experience of The American Clubhouse has been extremely positive and I wouldn't hesitate to recommend Clubhouse to anyone who feels it could be useful to them.

Outside of The American Clubhouse I do volunteer work at the Salvation Army shop in Hanley.



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I also attend Work Routes through which I access useful training.

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 Phil who tells us about his voluntary work for Brighter Futures.

Phil

I have been accessing the Clubhouse since late February 2016.

After about twelve months I started to help staff clean up at the end of the day.

Then Carl, one of the support workers at the time, asked if I would like to help out in a Health and Safety role. This included testing the fire alarm and checking fire extinguishers. I did this until 2017 when I became a formal volunteer. In my volunteer role I help out in a range of activities, I help in the garden group, help with general cleaning and anything else that I can help with in the Clubhouse.



Phil

I enjoy my volunteer role because it feels like I am giving back something to a place and people who have helped me.

24/7 clubhouse

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.

Astley's Astounding Adventures At The New Vic

On 10th July members visited the New Vic to see a play to commemorate the life of the founder of the modern circus Philip Astley. The large cast included actors and circus performers.



The story showed how the circus evolved from nothing more than an open field to the big top that we are familiar with today. Everyone



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enjoyed the performance which concluded with a standing ovation from the audience.

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brighterfuturesNW/



@BFNW

City Places To Visit

Bath Pool is a pleasant park with a number of trails to walk or cycle through. Situated near Kidsgrove there is a car park at either end of the park.

The west coast mainline runs by the park and the Harecastle canal tunnel runs the length of the park under the hills.



A View Of The Lake

Facilities include a children's playground a basketball court and rugby pitches. Also a dry-slope ski center is hidden away in the woods.

The main attraction though is the lake, round which you can take a

relaxing walk or bike ride. There are birds in the air and fish in the lake. Anglers' pit their wits against the fish and judging by the number of fish I've seen caught the fish are winning.



Mark Tries Out A Machine

Another attraction is the outdoor gym. The gym comprises a number of very sturdy exercise machines which are in excellent condition and great fun to use. Fortunately your editor is in tip-top condition and breezed through the exercises.

The park is a great place to spend a couple of peaceful hours away from the busy towns.

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

Everything is created twice, first in the mind and then in reality.

Robin S. Sharma

It's difficult to think anything but pleasant thoughts while eating a home-grown tomato.

Lewis Grizzard

Life is all memory, except for the one present moment that goes by you so quickly you hardly catch it going.

Tennessee Williams

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

More Crafting...

Memory Boxes With Ange

The craft group will be making Memory Boxes on 21st August with Ange Gamble.



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Words With Paige

To Be Still They Say The Darkness
Within Consumes Us All,
For They Say We Let Our Demons
Within Rise Up,
A Fight We Shall Never Give Up
On They Say Can Only Hold Us
Back

They Say We Shall Not Be
Victorious In A War We Fought
With Our All,

For We Shall No Longer Be
Afraid,

To Be Still In A Battle That Shall
Soon Be Over Is The Way
Forward,

To Be Still Is Bravery Unknown To
Many,

To Be Still In A Fight Is To Let All
Be Free,

To Be Still In A Battle Is To Free
All Emotion,

To Be Still In A War Is To Let Go
Of All Anger,

To Be Still Is To Love
Unconditionally.....

Paige Roberts

Safe Spaces

Safe Spaces provides a safe, supportive environment for people in mental distress.

How can Safe Spaces help me?

Safe Spaces offers a safe space during the week and weekends when you're in mental distress or crisis when a hospital admission is neither wanted nor needed.

How do I contact Safe Spaces?

For more information and to speak to a member of the team call **01782 811815**.

Or on the Web:



Safe Spaces QR Code. Or use:

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

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

Howard's Way

(Boating on the Broads)

Back in the late 70's six friends and I took a two week holiday on the Norfolk Broads.

Our journey started at Stoke Station where we caught the first of the three trains needed to get to our boatyard in the small village of Somerleyton. On arrival we were taken to our large boat Dazzling Water. A friendly boat man then took us all for a short river trip to show us how to handle the craft and also to run through the control panel which which was fairly straight-forward.. A wheel to steer and a throttle to adjust the speed.



One of our crew, Big Melv claimed he had piloted a boat before so was happy to take the wheel for the first stretch.

Big mistake!

Everything was going well for about half a mile when we saw a small jetty ahead and decided to moor up. I was up on deck and thought that we were approaching too fast. Rather than cut the main engine off and drift in, Melv was trying to drive the boat in!

Seconds later the inevitable happened, our very expensive boat crashed into the jetty.

In hindsight maybe we should have spent more time learning how to stop.

To this day I can still vividly recall the sound of splintering wood and paint as almost in slow motion our beloved boat became embedded in the jetty.



The hole was LARGE, meaning that when I went below deck and opened the kitchen cupboard the corner of the jetty was now next to the pots and pans.

Our first course of action was to put the throttle in reverse to try and pull ourselves free. Maybe not a good thing to do because if the hole had been below the water line we would have sunk!

To Be Continued...



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Louise, Andrew, Nicola and Charlotte entered this year's **Glow In The Moonlight** event for Douglas MacMillan starting and finishing at Newcastle High School. Participants took part in either a ten or five mile walk with entry fees going to Dougie Mac.



The walk started at 9:00pm and the first finishers came in from the ten mile walk around 12:15. Louise finished in fourth place in the 10 mile category which is a great achievement.



Andrew, Charlotte, Louise and Nicola with their medals

This was a brilliant event to take part in and it was well supported by the public.

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.

Space

Up to the darkness here I go leaving Earth so far below - for I'm a spaceman exploring space: no longer living with the human race.

With a sonic boom my boosters go: floating down to earth, far far below.

Now I really am all alone: just me, my suit my skin and bone; no muscled gravity to hold me down I float around like a human clown.

Past the moon I quickly pass into the mixture of stars and gas...

Something is wrong; my instruments show They all light up with a deadly glow...

My body shakes from head to foot; a sickly feeling screams in my gut...

Will I see another day? As I fly up to the Milky Way... Please don't cry for me, don't shed a tear:

For I'm not gone, I am still here ... so when you gaze up to the stars at night, just think of the astronaut still in astro-flight...

Adrian

Jokes

Better tighten your corset because these jokes are going to split you sides.

I think the worst thing about driving a time machine is your kids moaning in the back saying "are we then yet?"

Without the beat in the background, jazz basically feels

like an armadillo was let loose on the keyboard.

I was watching the London marathon and saw one runner dressed as a chicken and another runner dressed as an egg. I thought this could be interesting.

Centaurs shop at TopMan and BottomHorse.

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. (24/7 open 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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AUGUST 2018						
			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.



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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.

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



Passionate



Empowering



Sustainable



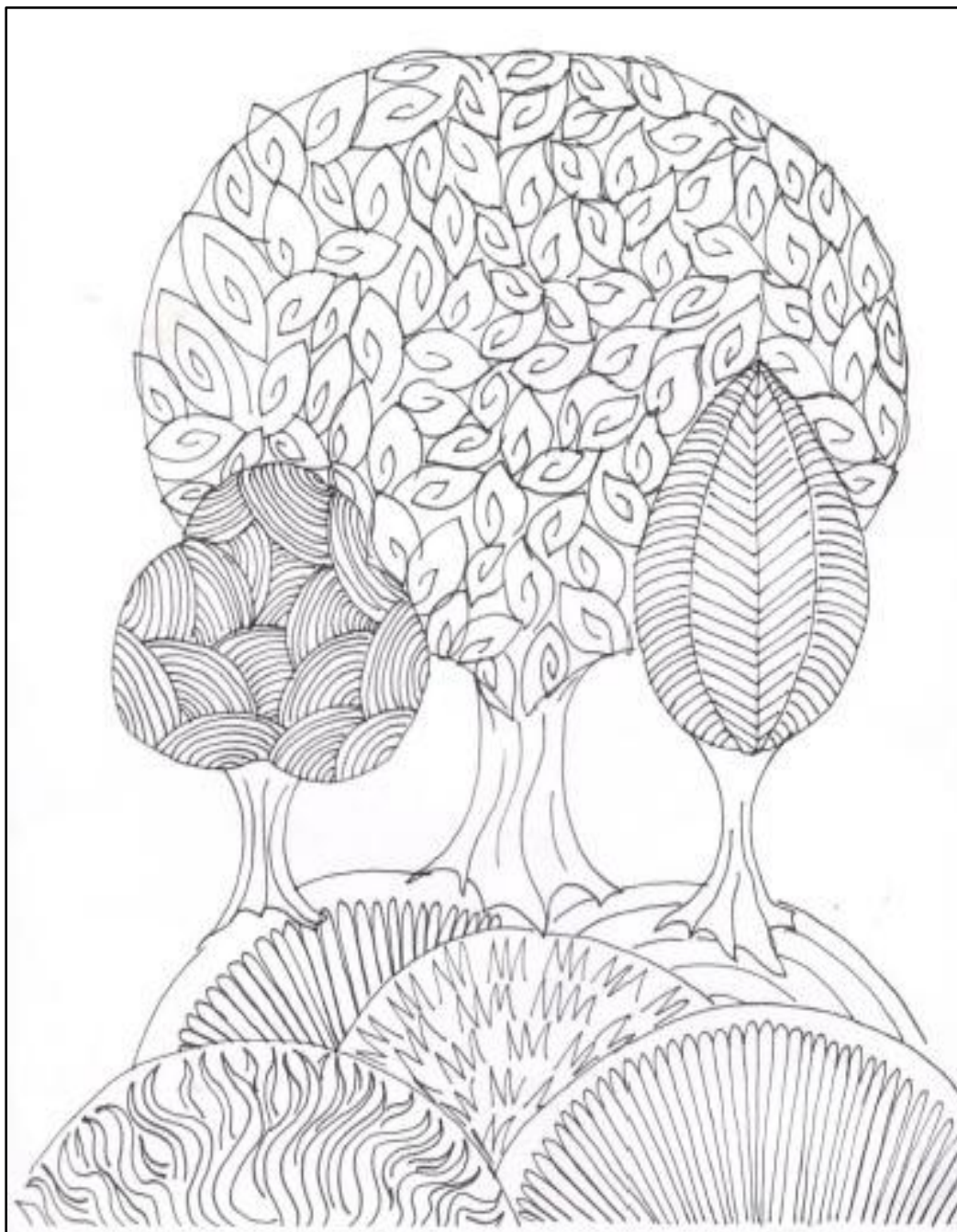
Creative



Equal

Mindful Colouring

Express yourself in colour with this mindfulness colouring picture from the Art Group At The Observatory. The picture is a Tree Of Life drawn by Harmony.



brighter futures

creative support, housing and employment