

Hello everyone, this is the ninth 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.

Positive Memories Day At 24/7

Positive Memories Day was held on Valentine's Day in order to celebrate friendship. A tombola took place raising money for the Members' Fund.



Karaoke took place in the afternoon and was much enjoyed by participants and spectators alike. As ever, Phil was enthusiastic and belted out several numbers including a couple of songs frequently heard at a couple of our local brilliant football teams.



Leah Tidying Gary's Nails



A Warm Fireplace!

Leah provided a nail bar and had many customers throughout the day including the Newsletter's roving reporter Gary as seen in the main picture.



Phil Performing Karaoke

Jesse had members write down a positive memory on small pieces of paper which were then collected in a memory jar. Howard ran a general knowledge quiz which was won by Wenda.

24/7 was decorated to celebrate Positive Memories Day by the 24/7 art group. Garlands and fireplace decorations gave the room a celebratory look and feel.



A Garland of Hearts

Playhouse Creatures at The New Vic



Members visited the New Vic Theatre on 6th February to see Playhouse Creatures performed by the theatre's own company. The play was much enjoyed by everyone.



Playhouse Creatures was set during the reign of King Charles II. At this time women were first permitted to act in a playhouse. Much of the play is factual, one of the characters being Nell Gwyn. Other characters were also based on historical persons.

The play was filled with laughter and sorrow.

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.

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.

Have fun with this Sudoku Puzzle!

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

(The solution is on the notice boards)

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.

Learning

On Wednesdays Changes run weekly courses from 10:00am till 12:00pm.

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.

Talk To Us

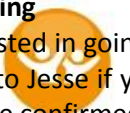
You can give any contributions to Gary, Howard or Mark. You can also send ideas or stories to Lullabyhub@gmail.com or volunteeringlande@brighter-futures.org.uk

Walking Group

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

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.



Passionate Empowering Sustainable Creative Equal

Writing Competition

As trialled last month here is the excellent winning entry in the writing competition. A short story written by by AŞM.

Carousel

The sun shined down on he sand of this little cove, seagulls schreeched overhead, joyous chatter of children and adults alike mingled with gentle music piped from the carousel as it spun around. The smell of the sea, chips, popcorn and candy floss waft around around the rides and stalls of chance. Fond are the memories from when I first arrived.

Now the music is of a blaring kind, each of the rides trying to compete with one another for the attention of the modern youth. The smells wafting around the stalls are still the same, but not - the chips don't smell as good as they did and the aroma of overdone burgers has been added, along with the odour of sweaty onions; progres smells like grease. The games of chance have been changed to games of luck, replacing the goldfish that once did hang from the beams.

The rides themselves have changed from the gentle, simple, fun rides for the family, to stomach churning thrills, their sole purpose to bring back up the burgers quickly scoffed before going on. Somehow I missed the transition, or maybe it happened that slowly I failed to notice, but in any case I did not see it till I was old.

Age itself is not to blame for the outlook, it has changed. Greed has set into what was a business for family pleasure. The old rides pushed to the side, or replaced altogether.

One thing that has not changed with the passing of years, that is the season itself. Three quarters of the year the fair stays open, with the rides spinning and blasting out their music for most of the day and all of the evening. They, the holiday makers call it time, too cold, too wet, only the few dare to brave the coast in the latter months, or those of the winters end.

The fair takes on an eerie feel in the season known as closed, the sun oft hidden by huge black clouds, perhaps with the flash of light and rumble of thunder. Even the sea takes on a more menacing look, waves get bigger and carry the sand in the water, making their soul look dark, as they roll and crash against the shore. With these storms come sinister shadows, jumping from whence they ride with each flicker of light from the sky. I look upon them glad to be hidden under this big heavy canvas, sheltering from the whipping wind and driving rain. This is my home for the night, my refuge.

For many a year I have hidden here, out of mind, peaking through the hole in the canvas. My colours have faded, my paint chipped and now cracked; the rain runs like tears down my cheek.

I was pretty once, the star of the show.
With my piped music, small faces would glow.
But now forgotten, cast to the side.
Oh how I would love, it, once more, on me ride.

AŞM



Passionate



Empowering



Sustainable



Creative



Equal

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



brighter futures
creative support, housing and employment
Staffordshire Mental Health Helpline

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

0800 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



Mike Moors Garden

The next meeting at The American to decide what work needs to be done in the garden will be on Thursday 8th March at 2:00pm. See Phil Scoggins for details.

Valentine's Day Raffle

The Valentine's day raffle was drawn on Thursday 8th February and raised £34 for the Members' Fund. The winners were 1st Sheila I. and 2nd Peter W.

Thanks to Jean for running this raffle.

Day Trips

The day trips are back on for 2018. Go along on a trip, you will have a great time.

Day trip to Derby – Thursday 8th March. Meet at Stoke Train Station before 9:20am.

Day Trip To Bakewell – Easter Monday 2nd April. This is a Copeland's trip and will cost £14.00.

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.

Trip to Stafford

On 25th February, Phil S, Adam, Phil B, Howard, Jabal, and Frank took a trip to Stafford.



Activities included walking around the park and looking for bargains in charity shops.

Most people enjoyed an all-day breakfast in the Market.

Everyone took in the many interesting sights and sounds of this historic town.

Events

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



Passionate



Empowering



Sustainable



Creative



Equal

This Month's Recipe

We hope you had a go at making the Quorn Korma recipe in Issue #8 of the newsletter. Here is another easy to make and very tasty recipe. 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."

Corned Beef Hash (sort of)

There are as many recipes and variants of corned beef hash as there are people who make it. This is an extra filling version with a mash and cheese topping.

Ingredients—Serves Three/Four

1 tbsp groundnut or sunflower Oil
Butter
700g potatoes or equivalent for instant potato
1 onion chopped
200g tin baked beans
340g tin corned beef cut into cubes
Grated Cheddar cheese
Grated Parmesan cheese (optional)
Worcester sauce
Beef stock (splash)
Pepper

Method

Preheat oven to 220C.
Boil and mash the potato adding a little butter if you like. Make up the instant potato if you are using that instead.
Heat the oil in a medium pan

over a medium heat, and then fry the onion until it begins to soften.



Next add the corned beef and the beans. Shake in as much Worcester sauce as you fancy. Then add a tablespoon of beef stock. Season with pepper (there is plenty of salt already). Mix everything together very gently. Once warmed through, transfer the mix into a casserole or other suitably sized dish. Spread the potato on top of the mix then grate cheddar and parmesan (optional) on top. Transfer the dish to the oven and bake for 30 minutes or until the topping starts to brown. Serve by itself, with sweet corn or peas.

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 and what it has meant to you.

Sandie's Story

Before becoming a volunteer with the Clubhouse Network in Summer 2015, I had been a member of Brighter Future's Board for several years. With my retirement from full time academic work I decided I wanted a complete change and moved from the Board to the American where I began to draw on long held hobbies such as craftwork and poetry. I took over the existing craft group and was able to introduce some new craft ideas and skills to the customers.

This followed by my reactivation of the defunct creative writing group on Fridays which I follow up by hosting a general knowledge quiz.

I also offer creative writing at Echo on Wednesdays after a request from customers there. I thoroughly enjoy my volunteering and I'm pleased with the positive reception I get from customers and support given to me by the staff.

Sandie



Passionate



Empowering



Sustainable



Creative



Equal

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:

advice@snsCab.org.uk

www.snsCab.org.uk



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

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

Tales From The Towpath

For many years I used to cycle the eight miles to work along the Trent and Mersey canal. I met many interesting people. Here is the final tale, hope you enjoy.

Boat Names

Over the years I have spotted some weird and wonderful boat names...

... Well this is where I need to take you back a few years.

My Mum and Dad, Margery and Maurice lived near to the canal in Shelton. In the Summer they liked nothing more than to stroll along the water's edge to pick blackberries from the hedgerows. Mum would then

add apples and make a delicious pie. Mum loved this spot and would often say to my dad that when her time came she would like to be laid to rest nearby.

Fortunately almost opposite their walking area lay Hanley cemetery. Mum was an amazing lady and for fourteen years worked in 'Woolies' Stoke. Known as 'Marge' she became a friend to many as she always sat at the same checkout at the rear of the store. She had survived breast cancer in the late '70s but twenty years later in the mid 90's it returned; this time in her stomach. Being told this time she only had six months to live was a shock to us all but Mum's main concern was for my lovely sister Jan as she was given the news on Jan's birthday and didn't want her future birthdays tainted.

Her passing was a difficult time but was made slightly easier for me as to my delight I could see her grave stone as I rode by. So most mornings I would look over and say 'morning Mum', but not too loud... there are enough eccentrics on the towpath!

Five years later when Dad joined her that then became, 'Morning Mum, Morning Dad'! A few years later, on a warm Summer's day, I approached their 'home' to see a narrow boat moored up. This was strange as it wasn't on the towpath side, but opposite, so effectively in the grave yard! Why would it stop there? Then I noticed the name on the side:

'Marge the Barge'! Now I know certain faiths believe in people being reincarnated as animals, but boats?

The strange thing was I couldn't see any people on board. Later that day as I peddled home 'Marge' was still there but no crew to be seen. It did move on the following day but the following Summer returned to the same spot! Yet again I was unable to see any crew but without crossing the canal it was impossible to get to it.

I suppose with a bit of artistic licence I would like to make a good story better by saying I checked the boat registration department and NO record of 'Marge the Barge' could be found! That's not the case, but hopefully you will agree, it's still a good tale to end with.

By **Bikeman**

Clubhouse Stories

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

Ashley's Story

I first went to New Days in 2012 attending for four years.

At first I was very nervous. Helen took me to New Days on a Thursday at Merrial Street.

There was a pool tournament each week. When I took part I found that my self-confidence was improved.

The staff provided me with a lot of support in the early days. Now I attend The American, 24/7 and The Observatory.

After a while I started to help



Passionate



Empowering



Sustainable



Creative



Equal

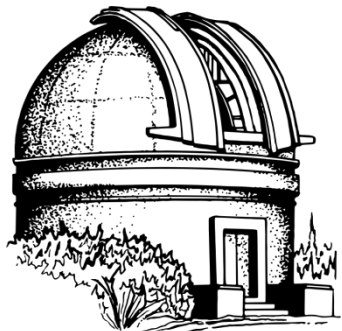
out making tea and coffee for members at the groups I attended. I would also help out with any jobs that needed doing like getting tea and coffee supplies for the groups. I feel the Clubhouse Network helps me to meet new people and to socialise, which I very much enjoy.

Ashley

‘The Observatory’ History

We have found a couple of stories relating to the name of The Observatory. See what you think about these ideas and let us know if you have more.

There is a story that the Observatory pub (as it was) was used as a lookout for spotting enemy aircraft. That’s a simple explanation and fairly plausible



The other explanation is an older story which we particularly like.



It is known that a windmill was built in the area near the present Observatory building

in 1795 and was still milling up to 1837.

In 1848 a well off property owner, William Dodd, bought the mill and converted it into an observatory equipped with a telescope and camera obscura.

It is known that Dodd did own a pub named the Mill Tavern, in the area.

You decide which story you like best.

Next Month Things you might not know about the 24/7.

Easter Raffle

The Easter’s day raffle will be drawn on Thursday 29th March. There are four prizes to be won. See Jean for tickets.

Jokes

Chinese For Two

A couple decided to go for a meal on their anniversary and after some deliberation decided on their local Chinese restaurant.



They peruse the menu and finally agree to share the chef’s special chicken surprise. The waiter brings over the meal, served in a lidded cast-iron pot. Just as the wife is about to start on the meal, the lid of the pot rises a tiny amount and she briefly sees two beady eyes looking around before the lid slams back down. ‘Did you see

That?’ He hasn’t so she asks him to look in the pot. He reaches for it and again the lid rises, and he sees two beady little eyes looking around before it firmly slams back down. Rather perturbed, he calls the waiter over, explains what is happening and demands an explanation. ‘Well, sir,’ says the waiter. ‘What did you order?’ ‘We both chose the same,’ he replies. ‘The chicken surprise.’ ‘Oh, I do apologise, this is my fault,’ says the waiter. ‘I’ve brought you the Peking duck.’

Picnic

The condition of the man who was badly mauled at the teddy bears’ picnic is said to be improving. But he’s not out of the woods yet!

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.

My identity has gone
It was not stolen
Nor was it given,
But gone it has, all the same.

It is as though,
It walked away,
Or gently floated off,
Like smoke from fires flame.

Or did it not go
All at once,
But rather piece by piece?
Plucked fruit from a tree in fall.



Passionate



Empowering



Sustainable



Creative



Equal

Was that how he got it?
 But what does it matter?
 Why does he have it.
 It's my "Me" after all.

Others they see him
 accept him,
 can't they tell?
 That's not me, I'm me!

Yes, he looks like me,
 Talks like me,
 Mimics all my movements.
 My god—the difference—can't
 you see?

He's left me drained,
 No sense of self.
 Not knowing who I am no
 more,
 has left me with a void.

So I plead with him.
 He pleads back.
 I shout at him.
 He shouts back.

And when I cry
 He mocks that too.
 Enough I say
 And then-I-attack.

Shattered he falls toward the
 ground.
 I look upon a thousand
 glimpses of my "me".

A\$M

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 using computers 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, especially
 Jean, Pete, Sandie and Ashley.

2018 MARCH						
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

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.

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.



Passionate



Empowering



Sustainable



Creative



Equal