

Hello everyone, this is the fifteenth 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.

SpoonFull Café at b-Arts

On 11th July our hungry members visited the SpoonFull Café at b-Arts in Stoke.



SpoonFull Café at b-Arts

This excellent event was free to Brighter Futures customers.



Spinach Never Tasted so Good

The very enjoyable food was all vegetarian or vegan. The SpoonFull is a pop-up community café on Hartshill Road where the meals are partly made from donated and surplus food waste. Events are held throughout the year.



Changes Guitar Band

The starters were so good. Freshly baked bread sticks, houmous with plenty of tahini and guacamole with a real kick.



Breadsticks, Houmous and a hot Guacamole



Richard, Phil and Caroline Tuck In to the Food

Entertainment was provided by the Changes guitar band. The next SpoonFull will pop-up nearer to the end of the year. We are all already looking forward to attending this fun and tasty event again.

Voalá Station

Members visited the Voalá Station performance at Central Forest Park. Weaving together aerial acrobatics and music the performance tells a



Dancing in the Sky

touching story driven by the power of its music with a specially composed score and live singer, the story follows four business men who miss the last train home. There they meet a mysterious woman who gives them a flower. The flower's powerful potion unleashes a spellbinding night full of seductive sirens and surreal action as a mesmerising display of aerial performance unfolds in the sky.



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!

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

(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 café area) 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

Craft Workshop at
The American Clubhouse.

If you like crafting then come
and join us on Tuesdays 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



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.



Worried? Stressed? Suicidal?



Staffordshire Mental Health Helpline

Free Confidential

0808 800 2234

Available to anyone aged 18 and over living in Staffordshire

Weekdays 7pm-2am. Weekends 2pm-2am



www.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. On Facebook at en-gb.facebook.com/trubshawcross/
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 Whitfield Valley Centre, Fegg Hayes Road, Fegg Hayes, Stoke on Trent ST6 6QR	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 http://www.whitfieldvalleycentre.org.uk/index.html
West End Community Centre and Café	London Road, Boothon, ST4 5AW Stoke-on-Trent	Wednesday – Friday 10:00am – 2:00pm An excellent cafe with great food at great prices.
SpoonFull Café	b-Arts 64-72 Hartshill Road, Stoke-On-Trent ST4 7RB	Bi-annual Pop Up Café. Excellent food and music. http://www.b-arts.org.uk/

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



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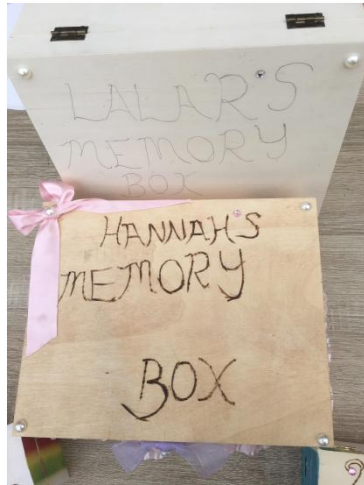
Arts and crafts play a big part in the Clubhouse Network.

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

&

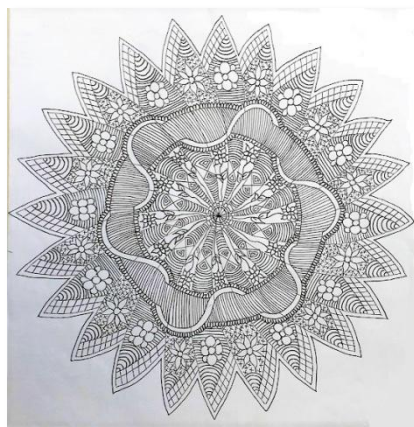
Arts



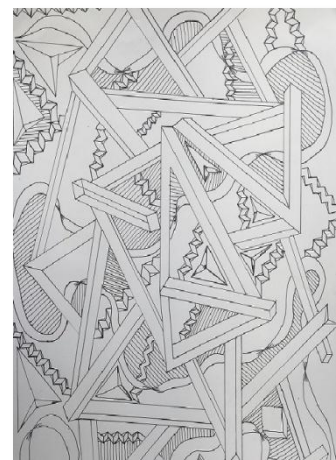
Ange Gave a Workshop on Making Memory Boxes using Pyrography



Janice with Beautiful Cards She has Made



An Intricate Mandala



Channeling M.C. Escher?



Diane

Diane says about her wonderful geometric drawings:

"I enjoy many arts and crafts and there's always new ones to enjoy.

It's a way of escap from day to day life.

Being at the American Clubhouse and sharing them with friends is great.



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Mike Moors Garden

Towering above even the runner beans are the sunflowers that have bloomed in the garden this summer. Thanks to **HOMEbase** for the help they have given us with the garden.



Sunflower Growing Competition

The growing season has seen a tense, exciting competition to see who can grow the tallest sunflower! The Result is now in. Lee's sunflower was the tallest at around 9'. Jean's specimen came a very competitive second.

Well done Lee, great job!



Lee is the winner!



Lee's name engraved on his trophy.



Soaring Sunflowers



The runner beans are the runner-up in the height stakes.



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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



Karaoke at twentyfourSEVEN

On Wednesday October 3rd 2018,
 between 6.00pm and 9.00pm

If you like singing whether it is 60's, 70's, 80's or the modern music there will be a song for you to sing. Come and have an entertaining evening at twentyfourSEVEN Clubhouse.

If you would like more information then speak to Howard Dexter or Gary Dutton



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.

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.

Trip to Derby: 27th September. Meet 10:00am at Stoke Station. Approx.

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



Members can now donate items for the Christmas Tombola.

See Jean, Claire or a member of staff to donate.



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Walking Group

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

Stafford Trip

On 28th June members took a trip to the county town of Stafford. Members caught the 101 bus for a day out in this interesting market town.



The Fantastic Four

The town had a watermill on the river Sow. One of the water wheels has been preserved as a monument as seen above.



The very pleasant river Sow

The river runs the length of Victoria park. Facilities include a bowling green, bird cages with exotic birds and greenhouses.

Stafford Castle was built by the Normans on the nearby hilltop to the west in about 1090, replacing the post-Conquest fort in the town. It was first made of wood, and later rebuilt of stone.



Stafford Castle

It has been rebuilt twice since, and the ruins of the 19th century gothic revival castle crowning the earthworks incorporate much of the original stonework. The castle has a visitor centre, with audio visual displays and hands-on items.

Inside Brighter Futures

There are many sectors 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 Sharon Godwin who is the Operations Manager of the Clubhouse Network.



Sharon in the
Mike Moors Garden

I joined Brighter Futures in 2008 originally in the role as Manager of the Staffordshire Mental Health Helpline; Jane Turner was my manager at this point and supported me to develop within the organisation. I moved to The Clubhouse Network in 2012, this also included the operational management of Echo and Newcastle Day Opportunities (New Days), Susan Preston moved to senior manager of Health at this point.

Before I worked at Brighter Futures I was employed by an engineering company for 15 years, they invested in my training and development in the form of supporting me through a degree in Business Management. Some of the modules within the degree including Leadership, Change Management and Negotiation continue to support elements of my operational role within Brighter Futures.

Fact about me.... I adopted a parrot from a Brighter Futures colleague a few years ago and have contributed to adding to Barney's vocabulary!

Every day in Clubhouse is different, customers, staff and volunteers enable the service to operate effectively everyone pulls together offering their expertise and knowledge to make the Clubhouse service a success. Of course I have to acknowledge the efforts of



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the staffing team who are extremely engaged in making the individual customer experience the best they can often under difficult situations dealing with all manner of complex issues which are presented to them. If they don't have the answer straight away they will communicate with their colleagues to find the best solution.

Despite people thinking I always have something to say I don't always feel comfortable talking about myself and tried to resist being 'manager of the month' in the Clubhouse newsletter. I guess by process of elimination it was eventually going to come around to me at some point (a little sooner than I expected thanks to Marie Smith). I agreed to being interviewed this time on the condition that I didn't have to have a photograph taken (sadly I didn't get away with that), but mostly in acknowledgement of the efforts of everyone involved in the production of the Clubhouse Newsletter which is now Issue #15. Customers and volunteers continue to develop this publication in their own time which helps to underpin and evidence the capability of a community group working together to a worthwhile, credible and professional read with an ever increasing distribution/readership - well done, long may the newsletter continue to develop. Anyone interested in advertising or contributing please contact us at volunteering land During the few weeks Brighter

Futures will pilot a new project called Clubhouse Recovery Network (CRN). The service will support people living in the Meir Community, there will be a 'pop up' Clubhouse operating out of the Meir Community Centre 2 days per week, more information will follow regarding the service. It's an exciting opportunity for Clubhouse moving into the South of the City, there may well be opportunities for volunteers in this service – keep your eyes and ears open for more information.

Please drop in to any of the Clubhouse Network venues to find out more about what the service can offer you.

Sharon.

Useful Contacts

Clubhouse Network:

The American - 835 220

The Observatory - 272 799

twentyfourSEVEN 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. Look out for dates for these Community walks on the notice board.

This Month's Recipe

We hope you had a go at making the lamb casserole in issue #14 of the newsletter. Here is another easy to make and very tasty recipe, Blueberry muffins.



These muffins are a tempting treat. 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 makes six muffins.



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Ingredients:

110g plain flour
110g butter
65g caster sugar
2 eggs
1.5 tsp baking powder
125g blueberries
Pinch nutmeg
Double cream to serve

Method

Cream the butter and sugar together then slowly add the eggs, mix for three minutes. Add the flower, baking powder, nutmeg, stir to combine, then refrigerate for at least an hour, preferably overnight. Place a spoonful of muffin mixture into each muffin case, filling each to just over half way. Stud each muffin with about eight blueberries. Bake in an oven set to 200C/400F/Gas 6 for 20 minutes, or until golden on top.

West End Methodist Church Community Centre & Cafe

Stoke-on-Trent
ST4 5AW

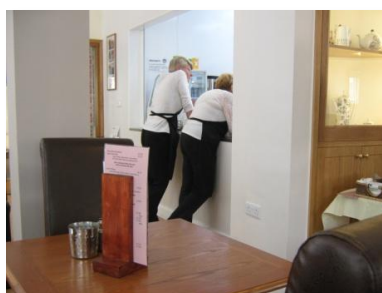
West End Methodist Church has a Community Café which is open Wednesday through Friday.

The café is inside a refurbished pub which was sometimes known as Korky's. The interior of the building is modern and clean.



The Café Exterior

As well as the café the building has a number of community rooms of varying capacities. There is a kitchen separate from the café which is used to train people who would like to learn basic cookery skills.



Inside the Café

On a visit to the café Howard and Mark sampled the breakfast menu. The food and drink were excellent and all at a very reasonable price. See the Directory for more details.

Local History

We hope you enjoyed reading about Mary Adela Blagg in last month's newsletter. This month we have the 'Cathedral of the Potteries' Bethesda Chapel in Hanley.

Bethesda Methodist chapel is one of England's grandest town chapels, impressive for its size, ambitious in its architectural

design and in its heyday capable of attracting huge congregations to hear many noted preachers.

For a long time during the 19th century.



An Impressive Façade

Bethesda was Stoke's most popular place of worship. The building which dates largely from 1819, was constructed on the initiative of the Methodist New Connexion. The leading benefactors were, significantly, important manufacturing families such as the Ridgways and notable pottery manufacturers were Job Meigh, Joseph Clementson and Michael Huntbach. These leading citizens were wealthy enough to make Bethesda into not only an outstanding monument for the Methodist movement but a symbol of the confidence and civic pride of the potteries,



The Chapel from the Air



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The congregation which used to be 1,000 dwindled over the years. The final service was on December 20th 1985. Listed building consent to demolish was refused. Subsequent proposals for the building's reuse included one for a combined exhibition and workshop with studio space, put forward by West Midlands Arts and designed to encourage young artists and sculptors to stay in Stoke. In 1987 a private owner purchased Bethesda. One of its main aspirations was to convert the building into a nightclub, a proposal not supported by the City Council.



The Wonderful Interior

After the Bethesda Heritage Trust failed to raise sufficient finance to continue worship in 2002 it passed into ownership of the Historic Chapels Trust an organization which aims to find community uses for the buildings in its name.

The HCT obtained an estimate for the restoration, which amounted to £2.5 million. Unable to meet the full amount the trust decided to undertake the restoration in phases. The 1st phase was completed in September 2017 at a cost of £900K. This included weatherproofing and major works to the roof. The 2nd phase commenced in August 2010 and was completed a year later.

Funds are currently being raised for the final phase of restoration.

Album Of The Month

This month **Music Man** reviews Living in Extraordinary Times the new album from James.



When James' lead singer Tim Boot was asked about the band's 15th album he was quoted as saying, 'We knew something was up when Leicester City won the league then Brexit, then Trump. It's like we've slipped into an alternate reality. We are living in "extraordinary times"'. The album starts with Hank an edgy rock number with Booth's distorted vocal in the first part rather unnecessary. Much better is track two, Coming Home Pt.2. Already released as a single it will strike a chord with anyone who has worked away from home, away from family with the sing-along chorus is bound to be a live favourite.

Track three Levitation is a catchy number with a Coldplay type piano throughout. Heads is a song about fake news after a steady drumbeat it builds to a frantic exciting end.

Track four Levitation is a catchy number with a Coldplay type piano throughout.

Heads is a song about fake news after a steady drumbeat it builds to a frantic exciting end.

Track five, Many Faces is really a two part song starting off as a ballad it then changes to something more up-tempo. Although a new song this has already become a crowd favourite with the fans singing along.

It's track six before we get the ballad the album needs with the soulful How Long The Day.

The slightly distorted vocals return again on Extraordinary Times but with a much better chorus than the opener Frank.

Picture This is another song with a loud chorus Hope To Sleep is a much quieter song with an infectious bass line.

Better Than That a single getting plenty of air time is for me one of the best tracks, perfect for a live concert with yet another catchy sing-along chorus. Mask keeps the upbeat feel to the album.

Before the longest track at over seven minutes What's It All About is a tour de force with the final two minutes of the song bringing proceedings to a close in the form of a gentle ballad.

Though it is also worth noting that the deluxe version has four extra tracks.

So after thirty five years the band are still going strong and at the time of writing their fans seem happy as Living In Extraordinary Times entered the charts at number six.

Music Man



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Raffle

The Sports Raffle was won by Babs. Fifty seven pounds were raised for the members' fund. Thanks to Jean and Tracy for organizing this raffle.

Clubhouse Stories

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

This Month We Have Malcolm

I have been attending the American Clubhouse for around fourteen years. I found out about the Clubhouse Network through attending Greenfields walking groups.

I spent my working life as a copy writer for five newspapers.



Malcolm

I also worked in the kitchen at a restaurant in Canada and also one in Chester.

I am a keen cyclist and ride my bike to and from The American.

Pruning the garden at the American is an activity I enjoy.

I am famous for my joke telling and playing the harmonica.

I attend the American every weekday apart from Tuesday.

Over the years the support workers at the American have really helped me.

In my free time I like to watch football and I have been a Vale season ticket holder for fifteen years.

I also like writing stories and attend the poetry group at the American.

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 Tamsin who tells us about her voluntary work for Brighter Futures.

Tamsin

My name is Tamsin and I began volunteering at the Brighter Futures homeless hostel, 90 Hope Street in April 2018.

Following redundancy and some personal issues, my drinking spiraled out of control and I quickly became addicted.



Tamsin at 90 Hope St.

After years of trying, I am one year sober, regaining my confidence and building a new life. Whilst trying to formulate some structure and balance in my recovery, I decided that volunteering and helping others would be beneficial to both parties. For me, engaging with the customers at the hostel and assisting with daily tasks gives me a sense of worth and wellbeing. It's a challenging, varied and very rewarding role, which is helping me grow within my recovery.



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After three months of volunteering, I applied for a permanent position of Duty Worker that became available. I am incredibly pleased to say that I have been offered a permanent position at the hostel.

I would encourage anyone who has taken a break from work for whatever reason, or is looking for a change in direction to try volunteering. It's a great confidence booster and a wonderful way to learn more about yourself and what career may suit you.



Kidsgrove Job Centre kindly donated £80 to Echo.

Thanks from Echo and Brighter Futures for this valuable contribution.

twentyfourSEVEN

Nail Art takes place on the first Sunday of every month from



12:00pm till 2:00pm at
twentyfourSEVEN

Karaoke

The Karaoke Nights at twentyfourSEVEN 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 twentyfourSEVEN from 12:00pm-1:30pm and 2:00pm – 3:00pm?

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

City Places To Visit

This month features Hanley Central Forest Park.

Walking around the lovely park. It's hard to believe the site was once the largest coal mine in North Staffordshire.

Hanley deep pit opened in 1854, at its peak in the 1930's it employed some two thousand men and boys producing nine thousand tons of coal a week. Following its closure in 1962 work started to transform it into a park in 1969.



The Lake is Short of Water

My parents owned a corner shop in the late '60s by the site and to me and my friends the black dirty wasteland was just a great place to play.

An old dumped car could be a spaceship one day or a boat the next. Also meaning that we had somewhere to shelter from the rain.

We also had great fun making huts from old oil drums and corrugated steel panels, then finding old carpet and lino to insulate from the bad weather. The final touch was always a fire! Knocking the bottoms out of old paint tins to make a chimney. As you can imagine the smoke would often blow back!



An Old Wheel from
the Pit Head

Having always been told never to play with fire and matches I have vivid memories of riding up and down Chell Street on my bike, to try and get rid of the smokey smell. As my lovely mum would always sniff my clothes after a long day playing with my fellow house builders!

There was a great deal of poverty at the time and one of my parents oldest customers was out most days



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foraging in the black shale wasteland with a bucket coal picking when I look at the large green hills on the park now, I can remember when they were just black ugly mounds, formed by the earth from the deep mine shafts.

As a reminder of its coalmining history a pit wheel has been set into concrete on the site with the date that the first tree was planted.

The great thing about the park is it's only a few minutes walk from Hanley Town Centre.



I like to have a stroll around the lake, then maybe if I'm feeling energetic a walk up the largest hill to admire the view.

Finishing off with probably a cheesy oatcake at the excellent open air cafe.

The park is popular with teenagers as it boasts a large skate board park.

Small children are also well catered for with swings, slides and roundabouts.

Parking is also free, so a great place to visit if you have an hour or two to spare.

By the main entrance there stands a large metallic tree by the sculptor Denis O'Connor on closer inspection you will see that the leaves are in the shapes

of mining tools, spades, pick axes and drills.

A Passion To Play Again?

The Biddulph and District Youth and Community Orchestra needs you!

We're keen to bring in all instruments, played by young musicians and also by folk who may have played before and had to give it up when Life got in the way.

Rehearsals are held every Friday evening from 7:00pm until 8:30pm at the Victoria Centre in Station Road, Biddulph.

First get-together:
Friday 14th, September 2018
at 7:00pm

In the Victoria Centre.

Want more details?

Phone Frank on:
01782 517238

Note: the orchestra has changed its age limit so everyone can go.

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

If you concentrate on finding whatever is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul.

Rabbi Harold Kushner

No matter how much pressure you feel at work, if you could find ways to relax for at least five minutes every hour, you'd be more productive.

Dr Joyce Brothers

We do not remember days, we remember moments.

Cesare Pavese

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.



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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. PartII)

Anyway that didn't work so we told Big Melv he would have to walk back to the boatyard and get help.

Looking back I think we all should have gone. Let's face it no one was going to pinch the boat!

Rather than being angry with him most of us found it all very funny. We even got one of Big Melv's tee-shirts with a slogan he liked on it before placing it by the hole

and taking a picture for posterity!



Both of the Vale Fans

Melv duly returned by boat with a none-too-happy worker, armed with a large rope. He surveyed the damage and decided as the hole was near the top of the bow, there was a good chance he could pull us free.



The Beautiful Broads

He then towed us back to the yard for an overnight repair.

Basically this meant fixing a large plywood panel over the hole and then painting it white. Then to make us all feel guilty he told us this was only a temporary repair but it would have to last for the rest of the season as the boat was fully booked. During the Winter the job would be done properly and would cost several thousand pounds!

So not a good start to our holiday. Thankfully it did get better, even though we had rain

most days.

The Broads are a great place to see birds and other wildlife. It certainly didn't put me off boating on the beautiful Broads.

Three years later I returned with my wife to be, Alison. This time we got our boat Mayfly back to the boatyard not only hole free but shining like a new pin!

The End



Middleport Weeping Poppies

The installation of the Weeping Poppies was originally planted at the Tower Of London it was named as Blood Swept Lands And Sea Of Red it was based around the moat. The poppies were created by Paul Cummins and Tom Piper. The company Potclays provided the clay from which the ceramic poppies were made. Johnson Tiles who are based in Stoke were approached to assist and contracted to produce hundreds of thousands of the poppies.

It took 300 volunteers to make 888,246 poppies it took them a year to complete. Each poppy has six petals to representative of six charities. The poppies were installed by volunteers from



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across the United Kingdom on Armistice Day on November 11th 2014. It marked one hundred years since the first full day of Britain's involvement.



The Poppies at the Tower

Each of the 888 246 poppies was for every British or colonial life lost at the front during the First World War.



So Many Poppies, So Many Lives

The poppies tour started in 2015. So far the poppies have toured 10 places Yorkshire Sculpture Park, Woodhorn Museum, St George's Hall Liverpool, St Magnus Cathedral Kirkwall, Lincoln Castle, The Black Watch Museum Derby, Caernarfon Castle, Maritime Museum Hull, Barge Pier Southend-on-Sea, and The Silk Mill Derby. Now it's at Middleport.

After the tour finishes the poppies will eventually be permanently based at one of the IMW Museums, either Birmingham or London

Charlotte: I had opportunity to see the poppies in London which was amazing sight to see. To me the poppies represent not only for the soldiers who fought in the First World War. There were men who came home completely different. My Great Granddad came home a changed man.

Becky: The poppies were fantastic also I'm glad I had the opportunity to be part of it with my two friends. It's lovely to see that people go out of their way to provide such a wonderful thing for the public!!! I was really exciting to go to see the poppies; an amazing day all around. I didn't even let the cobbles ruin it for me.

Tracy: - It was a lovely day out with my friends. The poppies were so lovely it looked a lot like a waterfall. It was amazing to see.

Charlotte's Granddad

My Great Granddad, Richard Wray (1885 – 1964) joined The Green Howards, part of the Yorkshire Regiment in 1904 as a reserve soldier.

In 1914 he was sent to France with the British Expeditionary Force, but in April 1915 he was wounded by a gunshot to the head and treated at a casualty station near Ypres, Belgium.

I believe he went back to the front when he had recovered sufficiently.



Charlotte's Granddad

He was subsequently awarded the 1914-1915 Star, the British War Medal and the Victory Medal all for his service in France and Belgium.

In 1940 he was commissioned in the Royal Air Force with the rank of Pilot Officer.

In total he served 11 years in defence of this country.

My granny always told us about him having what she called 'Brain storms' where at times he could get angry and violent, which we now know is a condition called Post Traumatic Stress Disorder (PTSD) He suffered from this all the rest of his life but otherwise he had a good life as a wheelwright, carpenter and undertaker until he died at the age of 79.



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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.

Signed, Your Mind

Get dressed, love.
You're going to be late.
You look at yourself in the mirror,
The one you really hate.

Put it down, love.
It's caused you so much pain.
You're going to do damage.
You don't want to be called insane.

Stand up, love.
Your tears make you weak.
Wipe off that black mascara,
Proof of sadness upon your cheek.

Take your pills, love.
You must try your very best.
Forget about your dizzy spells,
The tightening in your chest.

Chin up, love.
No one can know your thoughts.
Forget about your dizzy spells,

The tightening in your in your chest.

Chin up, love.
No one can know your thoughts.
You must act like you're happy
While your heart just sits and rots.

Smile a little, love.
Let me see those pearly whites.
No one has to know
What you thought about all those nights.

Breathe for me, love.
Your pain won't be forever.
Take my hand, and I'll take yours.
We'll get through this together.

Emma

Life's stress

24hrs you're on the go
where time goes, you just don't know..
things to do, people to see –

more complex life there could not be.
Once work's all done,
how tired I look.. but still I find the time for Facebook.

Who's on there to have a gossip? - so I can open my secrets closet;

I'll tell you all; whoever you are
Just like a door slightly ajar
what I've done, where I've been
-just enough to keep you keen.

I am addicted to this new App
to spill my feelings like a running tap
I'll tell everyone where I am: in my home,
even on the can...

On Facebook my life sounds good when in reality it's stuck in the mud.

So it is I live a lie
but I'll keep it up to the day I die
OMG I've been befriended!
certainly not as I intended;
how do I get this trouble and strife?

The answer's simple - the world knows your life.

Adrian

Jokes

This month a varied selection of high quality rib-tickers.

My partner said to me 'You're obsessed with football'. 'Why do you say that you've only known me for five seasons'?

Jokes about white sugar are rare. Jokes about brown sugar, demerara.

People who use selfie-sticks need to take a good long look at themselves.

The first time I met my wife I knew she was a keeper. She was wearing massive gloves.

Hey, if anyone knows how to fix some broken hinges, my door is always open.



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twentyfourSEVEN 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.

(twentyfourSEVEN 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.

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.

SEPTEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						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				

Wednesday Jam Factory. Guided music workshops. Electric and acoustic instruments, digital track recording, karaoke. Referral required. Call 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.



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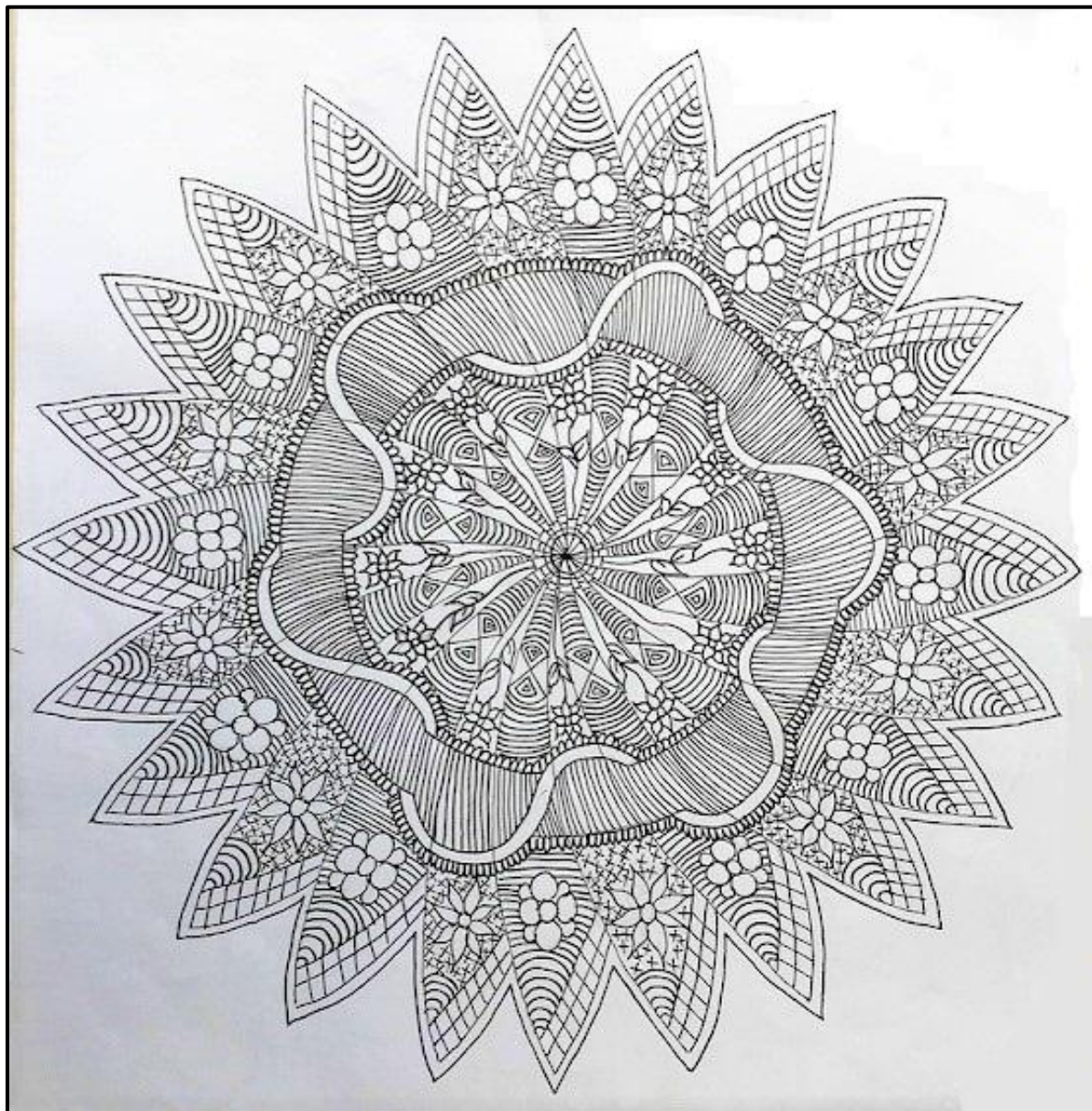
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Mindful Colouring

Express yourself in colour with this mindfulness colouring picture from the Art Group At The American. The picture is a mandala drawn by Diane.



brighter futures

creative support, housing and employment