

Hello everyone, this is the sixteenth edition of the Clubhouse Network Newsletter made by volunteers and customers of the Clubhouse Community. Thanks to everyone who made contributions to this issue. We welcome any articles or ideas from Clubhouse customers.

Appetite's Big Feast in Hanley

September saw Appetite's Big Feast return to the streets of Hanley.



Fillage

Fillage performed acrobatics and circus routines all to a jazz soundtrack.



Bingo Lingo

An oversized street bingo act!



Giant Jenga from Block of NoFit State Circus and Motionhouse

Be amazed by the colourful world of Fantabulosa.



Fantabulosa by Ticker Tape Parade

The performance featured wonderful interactive story time sessions all whilst dressed in fabulous outfits.



The Amazing Giant Jenga is almost complete here



Museum of the Moon

Museum of the Moon, displayed at the King's Hall, was a spectacular seven-metre-wide, floating moon sculpture. Viewers basked under the moonlight of this beautifully lit installation featuring a stellar surround soundtrack which lifted you away onto another plane.

Gladstone Museum



A Plate Jigger



Stacks of Saggers



A Ceramic Flower Maker

Members visited Gladstone Museum on Heritage Weekend which saw free entry to many museums accross the country. People enjoyed watching the skilled workers then followed up with a cuppa in the café.

Have fun with this Sudoku Puzzle!

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

(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>

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.

Photography Group

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

Colouring Group

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



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Hear Our Voice

Hear Our Voice is a new volunteer run service. The aim of the group is to pick up from where North Staffordshire Voice for Mental Health left off.

If you would like to participate in this group there are monthly meetings you can attend. You will be most welcome.

See Phil Scoggins for information, dates and venues.

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


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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.




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Your monthly Newsletter is created by:
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Reporter: Howard Dexter
Librarian, Runner: Phil Scoggins
Editor, Audio Edition Producer: Mark Gilbert
Proofreader: Jean Sturgess
Proofreader: Pete Wynne
Approval: Sharon Godwin
Printed at Whittle Court
And all contributing members.

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


Helplines
STANDARD

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Clubhouse Network

Guess the **Giant Teddy Bear's** Name at
The American Clubhouse
 Draw to be made on
 American Thanksgiving Day
 Thursday November 29th



Starting the second week of October.
 (See the notice board at The American
 for the list of available names.)

Crafts made Easy

Do you like to sew or knit? Do you like to make cards?
 Do you like being in a creative environment? Do you enjoy sticking and Gluing?
 Would you like to meet other like minded people? Do you enjoy Colouring?

Would you like to learn to weave ? Or
 make decoration's.....??

If you have said yes to any of the
 above we have just the group for you.

**The American clubhouse has a craft
 day**

Every Tuesday 10am till 2pm

If you would like more information
 then please contact us on

01782 835220



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), followed 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, Boothen, Stoke-on-Trent. ST4 5AW	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

&

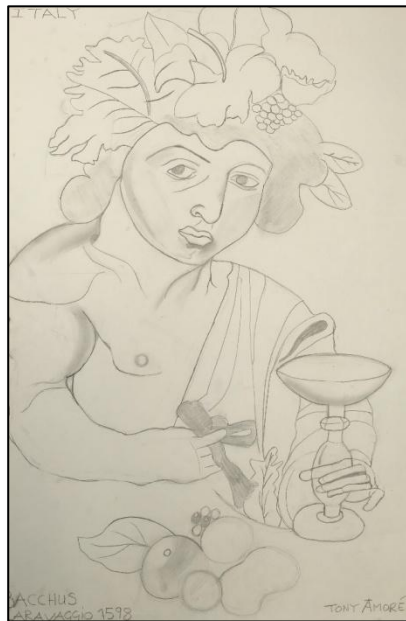
Arts



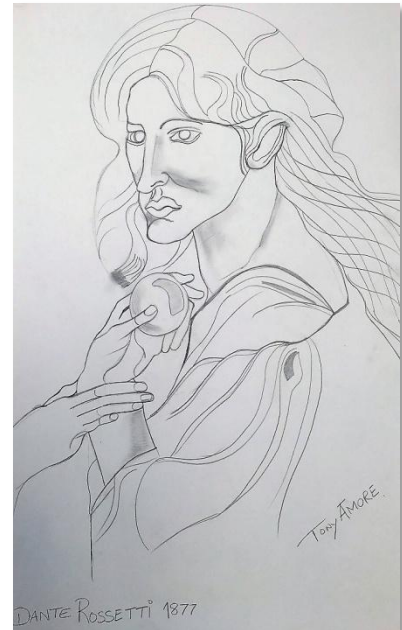
The American craft group have produced this interesting and varied display. Come along to the Craft group and join in.



Tony Amoré Produces these wonderful Renaissance, Baroque and Pre-Raphaelite drawings.



Bacchus as Portrayed by Caravaggio



Jane Morris, Rossetti's Flame Haired Muse



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Horses for Courses

On 10th September members visited Horses for Courses at Browndedge. This inclusive activity saw members grooming and then riding the wonderful horses. Everyone enjoyed this activity and plan to visit again.



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More than just a riding school!

BHS Approved Riding and Training School
01782 505664 admin@coursesforhorses.org.uk

HORSE RIDING AND HORSE CARE

Come and join our new activity!

Riding and horse care group running
Monday afternoons 2:30pm - 3:30pm

Cost:

£14.00 ride only
£7.50 care only

Or

£18:00 for both

If you are interested - please speak to Lee Woolridge

Courses for Horses, Lower Stonehouse Farm, Brown Edge,
Stoke-on-trent. ST6 8TF www.coursesforhorses.org.uk



Karaoke at 24/7

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 24/7 Clubhouse.

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



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.

Walking Group

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

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.

Task Group

Task Group takes place fortnightly at the American. Come along and help shape Clubhouse activities.

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



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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Market Drayton Trip

On 12th September members took a trip to the market town of Market Drayton. Members caught the Arriva bus for a day out in this interesting market town.



Steve and Phil

The main attraction is the outdoor market which mostly consists of fresh produce stalls. The market has deservedly been named the best in Shropshire.

There was a good turnout for this trip with nine members coming along.

At Christmas members are returning to this pretty market town. The Christmas market is said to be very attractive.

Useful Contacts

Clubhouse Network:

The American - 835 220

The Observatory - 272 799

twentyfourSEVEN 0300 1231535
Ext. 1470

Staffordshire Mental Health
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

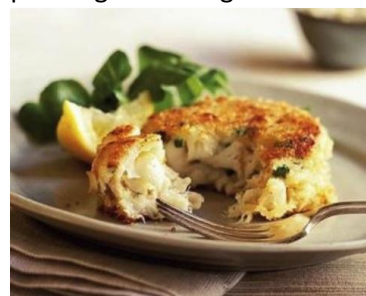
Come along on a gentle walk from The American. Look out for dates for these Community Walks on the notice board.

This Month's Recipe

We hope you had a go at making the blueberry muffins in issue #15 of the newsletter. Here is another easy to make and very tasty recipe, tartare style fish cakes.

These fishcakes are delicious with a few chips and/or salad. Whether you are a would-be contestant on Master Chef or

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.



Ingredients:

450g skinned Icelandic cod or haddock fillet

2 bay leaves

150ml milk

350g Maris Piper potatoes

½ tsp finely grated lemon zest

1 tbsp fresh parsley, chopped

1 tbsp snipped chives

1 egg

flour, for shaping

85g white breadcrumbs, preferably a day or two old or even better Panko breadcrumbs

1 jar tartare sauce

3-4 tbsp vegetable or sunflower oil, for shallow frying

lemon wedges to serve



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Method

Lay the fish and bay leaves in a frying pan. Pour over the milk and 150ml/¼ pint water. Cover, bring to a boil, then lower the heat and simmer for 4 minutes. Take off the heat and let stand, covered, for 10 minutes to gently finish cooking the fish.

Meanwhile, peel and chop the potatoes into even-sized chunks. Put them in a saucepan and just cover with boiling water. Add a pinch of salt, bring back to the boil and simmer for 10 minutes or until tender, but not broken up. Lift the fish out of the milk with a slotted spoon and put on a plate to cool. Drain the potatoes in a colander and leave for a min or two. Tip them back into the hot pan on the lowest heat you can and let them dry out for 1 min, mashing them with a fork and stirring so they don't stick. You should have a light, dry fluffy mash. Take off the heat and beat in one rounded tbsp of tartare sauce, then the lemon zest, parsley and chives. Season well with salt and pepper. The potato should have a good flavour, so taste and adjust to suit.

Drain off liquid from the fish, grind some pepper over it, then flake it into big chunks into the pan of potatoes. Using your hands, gently lift the fish and potatoes together so they just mix. You'll only need a couple of turns, or the fish will break up too much. Put to one side and cool.

Beat the egg on a large plate and lightly flour a board. Spread the breadcrumbs on a baking sheet.

Divide the fish cake mixture into four. On the floured board, and with floured hands, carefully shape into four cakes, about 2.5cm thick. One by one, sit each cake in the egg, and brush over the top and sides so it is completely coated. Sit the cakes on the crumbs, patting the crumbs on the sides and tops so they are lightly covered. Transfer to a plate, cover and chill for thirty minutes (or up to a day ahead).

Heat the oil in a large frying pan. To test when ready, drop a piece of the dry breadcrumbs in -if it sizzles and quickly turns golden brown, it is ready to use. Fry the fish cakes over a medium heat for about 5 minutes on each side or until crisp and golden. Serve with the rest of the sauce (squeeze in a little lemon zest to taste), lemon wedges for squeezing over.

Raffle

The Sports Raffle was won by Babs.



Babs with her Prize

Fifty seven pounds were raised for the members' fund.

The DVD raffle was won by

Sheila G with £32 going to the member's fund.

Thanks to Jean and Tracy for organising the raffles.

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.

Next get-together: Friday 12th, October 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.



Almost two years ago, Howard and Gary made a trip to Great Yarmouth with six others on behalf of Appetite. They observed the acts at the Out There Festival to judge street acts and to give their



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feedback to Appetite. (Appetite has been based at the New Victoria theatre since 2013. organising community arts events.)

The two day trip to Yarmouth included driving down in a people carrier taxi and all expenses paid stay in a hotel. It took about six hours to get down there and it was just a case of checking into the hotel, putting our luggage in our rooms, going for something to eat and then going to see our first show.

This first show was the only indoor performance of the whole weekend. The show was called Coulrophobia, meaning people who have a fear of clowns. It was a slightly bizarre but funny two man show.

On the Saturday morning, 'Extracts' which was a couple of hours of assessing new acts that were being developed and hopeful of getting Arts Council funding. Gemma, Appetite's creative producer was able to get us V.I.P. tickets to this event.

Artists were given two minutes to pitch their idea. Two of these acts, Reynard the Fox and Playground Victories appeared at Big Feast 2017 and Bingo Lingo was part of the big feast 2018.

Other shows that we saw in Great Yarmouth were Block which was part of the 2018 festival and Camper Van of Love and Strong Lady which were in Hanley in 2017. Also last year with Appetite Gary and I had an overnight stay in Hull to look at acts for the Big Feast.

In 2017 Hull won the bid to be UK City of Culture. There lies another story.

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-futures.org.uk/safe-spaces>

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

Student Matt

Hi, I'm Matt and I'm a student at Chester University where I study Psychology and Counseling skills.



Matt



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I first heard of Brighter Futures through my University.

In May I decided to do my work placement in the Clubhouse Network. It gave me a chance to experience workshops and it also enabled me to talk and work with staff in a field relevant to my course.

Brighter Futures has given me the opportunity to learn first-hand how a mental health organization is run.

This has given me the chance to listen and talk to people of all ages' gender and religion.

The environment at all of the Clubhouse venues has been warm, friendly and everyone that I have had a chance to speak to has been lovely.

My end goal is to have a career in psychology where I can practice one-to-one counseling.

I have to return to university at the end of September but I am hoping to come back to work with Brighter Futures again soon as it has been a great experience over the Summer.

Finally in my free time I collect music and attend gigs. I also play lots of sports including football, table tennis and badminton.

Thanks Paul!

A big thank-you to Paul Lancaster who judged the sunflower growing competition and also provided a winner's trophy. Paul also generously donated the new clock in the café.

Members' Stories

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

This Month We Have Claire

I have been attending the American Clubhouse for around four years. I found out about the Clubhouse Network through my floating support worker. I like to attend the craft group at The American on Tuesdays in the conservatory. I also enjoy playing pool.



Claire

Later this month I am going on my first members' trip to Derby.

I am an active member of The American tombola team.

As well as crafting in the clubhouse I like to craft at home.

Music of all genres is something I enjoy. I like action movies too. I attend The American twice a week where I enjoy socializing with the other members.

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.



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City Places To Visit

In this feature we have recommended several local parks. This month we feature the largest park in the city, Hanley Park.

Opened in June 1897 the park covers around sixty three acres and was designed by landscape architect Thomas Mawson. Taking five years to complete at a cost of £70, 000. Several million in today's money.



The Boat House

It's fair to say that in recent years the park had fallen into disrepair, so a plan was put together for a Heritage Lottery Grant. The application was successful and in June 2015 £4.5 million in funding was secured which would allow for restoration of the pavilion, boathouse, canal bridges, lake and fountains many being grade II listed.

The work is due to be completed by Spring 2019 when the park's 'Jewel in the Crown' the pavilion will be able to host corporate events and weddings.

In the meantime there are still many redeeming reasons to visit, including four children's play areas, courts for tennis and basketball and a bowling green for the less energetic.

Because of its sheer size many large scale events take place in the park.



The Pavillion being refitted.

From the Six Towns Carnival (see cover of the Newsletter Issue #14) to Stoke Pride Festival and many music concerts.

For all the aspiring Mo Farahs out there the park holds a fun 5km race every Saturday morning starting at 9am. You need to get there early as it's not uncommon for over three hundred people to attend.

Finally, Gary and Howard met a group called Friends of Hanley Park a few years ago. They are doing a great job in helping to restore the park. All volunteers are welcome and you can find more details online or speak to one of the Newsletter team.

In the next issue with the advent of Winter the 'Places to Visit' will be an indoor venue.

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

The body and mind are intrinsically linked. Stress and anxiety are the root of many illnesses, we need to listen to our minds to prevent them

Jayne Morris

The colour of springtime is in the flowers; the colour of winter is in the imagination.

Terri Guillemets

Don't let yesterday use up too much of today.

Cherokee proverb

Brighter Futures Support Worker

The Clubhouse Network would not be able to be as it is without the support workers who do an amazing job supporting the members. In this occasional feature we will profile one of our great team of support workers. This month we have Chris Morgan from the American Clubhouse.

Chris

I have been working for Brighter Futures since 2009 where I initially worked at 90 Hope Street. This was good grounding for commencing my role at



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The American in 2012.

Although I did enjoy the role at the hostel I have been in the job with Clubhouse for six years.

This job has its rewards for example empowering members to reach their potential.



Chris at The American

My previous employment from 1994 to 2008 I worked for Royal Worcester Porcelain and then for Spode. For most of this time I managed the finished goods warehouse before being made redundant.

A bit about myself: I'm an avid Aston Villa fan. Also I am the proud owner of two love birds who keep me entertained.

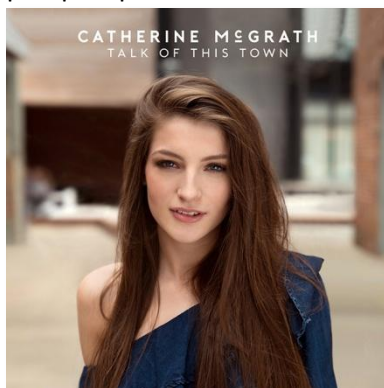
At the Clubhouse it is a pleasure to work with a group of colleagues where knowledge can be shared. And last but not least the management team.

Every day at the American is different, and challenging but rewarding.

Album Of The Month

This month **Music Man** reviews Talk of the Town. By Catherine McGrath.

There is an old joke about country music that says every song has to have a line about a train, the folks back home, pumpkin pie and a farm!



**Catherine's new album
Talk of This Town**

Although twenty one year old Catherine grew up in Northern Ireland as a ten year old she started to listen to Taylor Swift and her influence is very apparent on this, her debut album.

The title track, Talk Of This Town is a lively opener. This is followed by The Edges. It may be a standard country song but there is no denying that it has a catchy chorus.

She duets very well with Hunter Hayes on, 'Don't Let Me Forget'. There is no doubting the clarity of her voice on every track and for me other stand-out tracks are Enough For You, Good at Love, Good Goodbyes and the love song She'll Never Love You. The single Lost in the Middle is rightly getting the most airtime and even though the lyrics are slightly corny as she sings about being on a train with a guy with blue ripped jeans, then he's swinging her around in her little red dress.

I still feel that this will become a live favourite for many years. So I would have to say it's the best track by a country mile.

It's possible the album will sell better in the States particularly as Catherine now spends some of the year in Nashville.

In conclusion I would have to say I'm not a big fan of country music but after several plays Talk of This Town is starting to grow on me.

Now where did I put my cowboy hat?!

Find Brighter Futures on Social Media



[facebook.com/
brighterfuturesN
W/](https://www.facebook.com/brighterfuturesNW/)



[@BFNW](https://twitter.com/BFNW)



A Vale Of Tears

A few days before Port Vale's last game of 1973, our then manager, Gordon Lee, held a 'Meet the Fans' night.

Mr. Lee was a very charismatic figure, who would go on to manage at



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the top level.

That night the supporters hung on to his every word as he asked us all to travel to Wrexham to give the team a good send off into the summer.

He was assured of a good turnout as games against the two were always feisty affairs!

In those days the coaches would pick-up around the city. As my friend Steve and I lived in Shelton we waited in Stoke Road.

After waiting there for about twenty minutes it became clear that somehow we had missed the bus!



As Stoke station was just around the corner we decided that we would inquire about going to the game by train.

Unfortunately when we checked out the timetable we found out that we would have to catch three trains! Firstly to Crewe then another to Chester, then on to Wrexham. Finally the worst part, we wouldn't get there until half-time, providing the trains were all on time!

Steve asked me what I thought and I said, 'To be honest, I think we should forget it and go home'.

Then he reminded me about

what Gordon had said about ending the season with a good win. Adding it was the last game for a couple of months.

So we paid for the tickets. All the trains were on time! To this day I can still vividly recall getting to the ground and seeing some young Wrexham fans inside by a large metal gate. As we walked past we asked for the score, '5-0' came the reply! 'Who for?' we inquired. After all the effort we still went in but still had to pay the full admission price! On the plus side, in the second half we didn't let anymore goals in!

So you could say we drew the second half: 0 – 0!

Also we still had two seats booked on the coach for the return journey. So it could have been worse; though not much.

Local History

Stoke-on-Trent based Spode pottery company was founded by Josiah Spode (1733–1797) in 1770. He earned renown for perfecting under-glaze blue transfer printing in 1783–1784 a development that led to the launch in 1816 of Spode's Blue Italian range, which has remained in production ever since.

Spode I is credited with the introduction of under glaze blue transfer printing on earthenware in 1783–84. The Worcester and Caughley factories had commenced transfer printing under glaze and over glaze on porcelain in the early 1750s, and from 1756 over glaze printing was also

applied to earthenware and stoneware.



Entrance to the Spode Manufactory

The processes for under glaze and over glaze decoration were very different. Over glaze "bat printing" on earthenware was a fairly straightforward process, and designs in a range of colours including black, red and lilac were produced. Under glaze "hot-press" printing was limited to the colours that would withstand the subsequent glaze firing, and a rich blue was the predominant colour. To adapt the process from the production of small porcelain tea wares to larger earthenware dinnerware required the creation of more flexible paper to transmit the designs from the engraved copper plate to the biscuit earthenware body, and the development of a glaze recipe that brought the colour of the black-blue cobalt print to a brilliant perfection. When Spode employed the skilled



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engraver Thomas Lucas and printer James Richard, both of the Caughley factory, in 1783 he was able to introduce high quality blue printed earthenware to the market. Thomas Minton, another Caughley-trained engraver, also supplied copper plates to Spode until he opened his own factory in Stoke-on-Trent in 1796.



A Classic Spode Coffee Pot

During the 18th century, many English potters were striving and competing to discover the industrial secret of the production of fine translucent porcelain.

The bone porcelains, especially those of Spode, Minton, Davenport and Coalport, eventually established the standards for soft-paste porcelain which was later (after 1800) maintained widely.

Josiah Spode effectively finalised the formula, and appears to have been doing so between 1789 and 1793. It remained an industrial secret for some time.

As with many of the famous pottery companies of Stoke-on-

Trent the latter part of the 20th Century would prove difficult and the Spode business has been merged with and sold to others companies.

Many items in Spode's Blue Italian and Woodland ranges are now made at Portmeirion Group's factory in Stoke-on-Trent.

ECHO have a Stand at the Table Top Sale Hanley Fire Station



**10:00am–2:00pm
9th December
Arts and Crafts
For Sale**

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 Anne Clewlow who is the Clubhouse Recovery Network

Operational Manager.

Anne

I am still relatively new to Brighter Futures having joined the Clubhouse in May as a Support Worker. I graduated with a BA Social Welfare Law, Policy and Advice Practice from University June this year. I was excited to see the job come up for the Clubhouse Recovery Network Operational Manager, so I applied, got it and started on the project three weeks ago. I and two support workers Katie Nicholls and Sara Thomas are based in Meir and will be running a pop up clubhouse on Tuesdays and Thursdays from October 9th. For further info Tel: 07824 326 498

Mike Moors Garden HOMEBASE

Thanks to Homebase for all the help they have given us with the garden which continues to bear fruit.

Support workers will be offering social, emotional and practical support such as recent bereavement, debt issues, employment, housing and tenancy issues; isolation and relationship breakdown. Our aim is to provide one-to-one support where necessary and promote mental wellbeing and assist people to develop mental resilience when dealing with life.



Passionate



Empowering



Sustainable



Creative



Equal

I have previously worked for Connexions Adult Service, working on projects and was a Community Development Officer for City Council at Penkhull. I left there to go to the private events sector for several years but always felt there was something missing, that being the need to help people and make a difference to communities. My passion is supporting people with their mental health. Each having their own personal journey, experience. And strive to create services to assist.

In my spare time I enjoy spending time with my family including our new edition which is a sixteen week old Cavalier King Charles called Theo.

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.

Bi-Polar and Me

Being – Kind to myself
 I – Love the American.
 Port Vale – Good mates, football?
 On my own – I struggle.
 Love – From, friends, family.
 Amazed – I'm still here!
 Running – the trips, days out.
 A new day – It's great to be alive!
 Not sleeping – A chance to write.
 Dark days – I need no more.
 Music – I need it, everyday!
 Everyday - A chance to help others.

Sunset

The day draws to a close
 A long time after the sunrise rose
 The birds return to settle down
 After a long day flying in and out of town
 A deafening silence rings in my ear
 As darkened skies begin to appear
 As if within a long hard fight
 The race is on dark versus light
 The dark slowly slips ahead
 Leaving the light to return to bed
 The round grey orb begins to appear
 As if to say the Moon is here
 Red skies quickly go away
 To confirm the end of a summer's day
 For now the dark becomes the king
 Until the sun comes up to sing
 For now the Sun comes up to sing
 For now the stars shine oh so bright
 Until the sun again re-starts the fight

Adrian

Jokes

Tighten your corset because these Tim Vine jokes are so funny your sides might split.

Phil Taylor asked me why I put super glue on one of his darts. I said, 'You just can't let it go can you'.

Crime in a multi-storey car park is wrong on so many levels.

I've just been on the holiday of a lifetime. Never again.

The advantages of easy origami are twofold.

I've decided to sell my Hoover. It was just collecting dust.

I went to a Pretenders concert. It was a tribute act.

I saw a farmer and he said, 'Can you help me to round up my 97 sheep?' I said, '100'.

I'm so lazy I've got a smoke alarm with a snooze button.

Did you hear about the pupil who put a pin in his inflatable school? The head called for him and said, 'You've not only let yourself down and your family down, you've let the whole school down'.

A man went to the police station wishing to speak with the burglar who had broken into his house the night before. 'You'll get your chance in court' said the desk sergeant. 'No, no, no!' insisted the man, 'I want to know how he got into the house without waking my wife. I've been trying to do that for years!'

A man said 'I'm going to chop off the bottom of one of your trouser legs and put it in a library'. I thought 'That's a turn-up for the books.

You know, somebody actually complimented me on my driving today. They left a little note on the windscreen; it said 'Parking Fine.' So that was nice.



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

TEL : 0300 1231525
EXT: 1470

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.

OCTOBER 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.

TEL: 01782 272799

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.

TEL: 01782 835220

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



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Mindful Colouring

Express yourself in colour with this mindfulness colouring picture.



brighter futures

creative support, housing and employment