

Hello everyone, this is the seventeenth 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.

Pop-up Clubhouse Opens in Meir

Brighter Futures has a new Pop-Up Clubhouse extending the reach of the Clubhouse Network into the southern part of Stoke-on-Trent.

We are based at Meir Education Community Centre at Pickford Place with drop-ins every Tuesday and Thursday between 11am and 4pm. We offer a safe space to come to talk to the team for advice and support and it's a great opportunity to meet others from the community and make new friends, everyone is welcome. Activities include arts and crafts, cooking classes, knitting/ crocheting, bingo, walking groups, wellbeing workshops, relaxation and anxiety workshops and we are always open to new ideas and activities we can do. You can stay all day or drop in for a bit. We have light snacks, tea and coffee at discounted prices.

If you would like any further information about the project or would just like to chat to a member of staff before you visit you can call one of the support workers:

Katie: 07824 630858

Sara 07824 638088



Support Worker Katie and a Visitor to the Pop-Up Clubhouse



The Queue for the Delicious Food

The food for the opening was provided by Country Kitchen.

Liverpool

Giant Puppets in Liverpool

A trip to Liverpool was undertaken by Lou, Becky and Charlotte to see the Royal de Luxe Giant Puppets for the final time before they are retired. Everyone had a great experience.



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

(The solution is on the Clubhouse notice boards)

The Newsletter Online

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



Use the QR code or type in this URL

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

Photography Group

Learn to take better photos! 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.



Passionate



Empowering



Sustainable



Creative



Equal

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


brighter futures
creative support, housing and employment

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.




brighter futures
creative support, housing and employment

Your monthly Newsletter is created by:
Reporter, Newsletter Champion: Gary Dutton
Reporter, Photographer: 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

www.brighter-futures.org.uk


brighter futures



Passionate



Empowering



Sustainable



Creative



Equal

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



FOOTBALL

PORT VALE FC

3:00 - 5:30 EVERY TUESDAY
 WELLBEING WORKSHOP AND
 TALK THERAPY

STOKE FC BRITANIA
 STADIUM

2PM - 4PM EVERY THURSDAY
 WELLBEING WORKSHOP AND
 TALK THERAPY

STOKE FC ACADEMY

3PM - 4:30PM EVERY FRIDAY
 FIRST SESSION FREE
 £3 PER SESSION THEREAFTER

CALL TIM HAMLETT ON: 0751591234

WE ARE PRODUCING A:

CLUBHOUSE NETWORK 2019 CALENDAR

DO YOU HAVE A PHOTOGRAPH, PRINT OR
 PICTURE THAT YOU WANT TO BE CONSIDERED
 FOR THE CALENDAR?

DEADLINE: 26.10.18

Please email: volunteering@brighter-futures.org.uk or hand your images in to a support worker

Images of flowers, animals and scenery,
 thank you.



Passionate



Empowering



Sustainable



Creative



Equal

Clubhouse Meir

Activity programme to end November

Drop in 11am-4pm on Tuesdays and Thursdays to take part in social time and activities.

Timetable is subject to change. For more information contact Sara Thomas on 07824 638088 or Katie Nicholls on 07824 630858
Contact Sara or Katie where bookings is required.



	Café Area	Main Hall	Other room/place
Tuesday 30 Oct	Social time and activities including knitting. 12-1pm Free light lunch	Halloween activities. 1.30-3.30pm Rock art	
Thurs 1 Nov	12-1pm Free light lunch Mindfulness colouring		Local walk
Tuesday 6 Nov	Social time and activities including crocheting 1.30-3.30pm mind board art 12-1pm light lunch (small fee)	12-12.30pm Discover Diwali. Learn about the festival of light and try Indian food	1-3pm Wellbeing Workshop. Booking Required Trip to the Potteries museum using local transport
Thurs 8 Nov	Social, activities, light lunch (small fee)	1.30-3.30 Prize Bingo (small charge)	Cooking Class. 6 weeks Booking required
Tuesday 13 Nov	Social, activities – knitting and arts and crafts, light lunch (small fee)	1.30-3.30pm Karaoke	1-3pm Wellbeing Workshop – Booking Required Local walk
Thurs 15 Nov	Social, activities, light lunch (small fee)	1.30-3.30pm Relaxation and Anxiety management workshop. Learn and share new techniques	Cooking Class. Booking required - time to be confirmed
Tuesday 20 Nov	Social, activities, light lunch (small fee)		1-3pm Wellbeing Workshop – Booking Required Local walk
Thurs 22 Nov	Social, activities, light lunch (small fee)	Strengthening Families, Strengthening Communities (taster) 1.30-3.30pm – parenting support skills	Cooking Class. Booking required Enjoying the outdoors – local walk
Tuesday 27 Nov	Social, activities, light lunch (small fee)	1-3.30pm Volunteering – find out what opportunities are on offer from Brighter Futures	Time TBC - getting into work - advice and opportunities if you want to get a job
Thurs 29 Nov	Social, activities, light lunch (small fee)	1-3.30pm Making Christmas decorations and decorate your community centre.	Cooking Class. Booking required

Meir
Locality Care Partnership



Passionate



Empowering



Sustainable



Creative



Equal

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, Boothon, 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/
Frazzled Cafe	Marks and Spencer Wolstanton Retail Park Wolstanton ST5 0AP Easy parking. Good accessibility Bus routes 99 and 98 up to 17:30	Peer support drop in sessions (similar to Changes but more relaxed) Held once every two weeks The meeting is held in the community room. Cost is: Free Refreshments are available (tea, coffee, biscuits)
Bread in Common	72 Hartshill Road, Stoke-on-Trent ST4 7RB Bus Route 25 from Hanley or Newcastle	Stoke-on-Trent's real bread bakery. Bread baked with flour, water, salt, yeast and natural flavourings. There are weekly bakes at B-Arts in Stoke. Watch out for their bakes taking place around the city. breadincommon.com

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.



Passionate



Empowering



Sustainable



Creative



Equal

Model Making Group

Would you like to join a new model making group at the **American Clubhouse**?



brighter futures
creative support, housing and employment

Make whatever you like. Whether it is model aeroplanes, model rail or a diorama. Please put your name below if you are interested.



HOME FOOD DELIVERY

OUR HOMEMADE MEALS ARE PREPARED FRESH EVERY MORNING & DELIVERED CHILLED DIRECT TO YOUR DOOR! OUR MEALS STAY FRESH IN THE FRIDGE FOR 3 DAYS & CAN ALSO BE FROZEN FOR UP TO 1 MONTH!

NEW SPECIALS EVERY WEEK!

example menu items
BEEF STEW & DUMPLINGS
CHINESE STYLE CHICKEN CURRY
CHILLI CON CARNE
LIVER & ONIONS
JERK CHICKEN WITH MEXICAN RICE

just **£3.50** PER MEAL

DISCOUNTS AVAILABLE ON MULTIPLE ORDERS

ALL MEALS INCLUDE A FREE SIDE DISH: MASH / RICE / SALAD

GET OUR LATEST WEEKLY MENU BY SIMPLY TEXTING US THE WORD 'MENU'

to order call or text charlotte on **07539 280 080**

FOOD HYGIENE RATING: 5

FIND US ON [facebook](#) COUNTRY KITCHEN STOKE



TAKE THE HASSLE OUT OF DIETING

NEW SPECIALS EVERY WEEK!

ALL MEALS UNDER 500 CALORIES

THE LEANEST MEATS

NO OIL

FILLED WITH FLAVOUR!

example menu items
PEPSI MAX CHICKEN
CHINESE STYLE CHICKEN CURRY
CHICKEN CURRY
PERI PERI CHICKEN

just **£3.50** PER MEAL

DISCOUNTS AVAILABLE ON MULTIPLE ORDERS

ALL MEALS INCLUDE A FREE SIDE DISH: MASH / RICE / SALAD

to order call or text charlotte on **07539 280 080**

FOOD HYGIENE RATING: 5

FIND US ON [facebook](#) COUNTRY KITCHEN STOKE

The Clubhouse Network

Supporting you to improve your mental wellbeing, meet new people and learn new skills



brighter futures
CUSTOMER

brighter futures
creative support, housing and employment



Passionate



Empowering



Sustainable



Creative



Equal

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

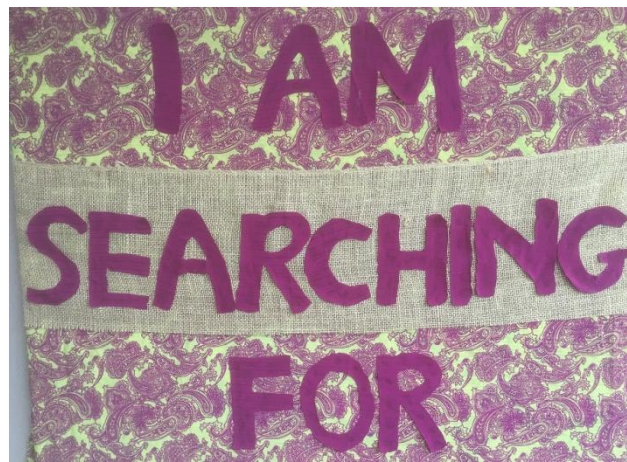
The art group at the Clubhouse Network is running a Tracey Emin inspired textile art activity till the end of November. The project uses textiles to create phrases expressing how mental health issues feel for them. Some of the work will use recycled and donated materials to make a collage of the various pieces. Hopefully these works will be displayed at Cultural Squatters in the Spring Art Show.



The American Craft Group have Produced these amazing CDs Decorated with Inks



Helen has Made this Wonderful Picture of Colourful Giraffes



Passionate



Empowering



Sustainable



Creative



Equal



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 31st 2018

3.00pm to 5.00pm

If you like singing whether it be 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 Hampers**? Canned and dry foods accepted. See Jean or a member of staff to donate.



Passionate



Empowering



Sustainable



Creative



Equal



Wheels Of War

At Crewe Heritage Centre

On 29th September the Brighter Futures Crew visited Wheels of War at Crewe Heritage centre. Everyone had a great time. Here Charlotte tells us the story of her day out:

It was a truly amazing day I got to meet a lovely gentleman named Donald Keith Fraser.



Donald Keith Fraser

I have never met a true hero before. Donald was a Flight

Engineer who flew in Lancaster Bombers. He told me and Phil some history of his time being a Flight Engineer. He signed my calendar which has a Lancaster Bomber picture and I also bought his book about his experiences. We shook hands as we said our goodbyes (not wanting to wash my hand now lol).



The Brighter Futures Crew

He was a truly amazing gentleman and is now in his 90's



Donald Keith Fraser DFM
1566621
101 SQUADRON
JULY 1943 – MARCH 1944

I think that was the best part of the day before I met my mum and her partner.

There were tanks, Army cars, two planes and a few stalls for charities and The Gallery which has paintings and books Phil, Becky and I enjoyed a drink in the cafe to finish off our wonderful day out.

Community Walks

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

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@snsclub.org.uk
www.snsclub.org.uk

Changes – 413 101

Headway House –280 952

Greenfields – 0300 790 0236

Sutherland Centre – 0300 123
1162

GrowthPoint – 0300 123
0907



Passionate



Empowering



Sustainable



Creative



Equal



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

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

This Month's Recipe

We hope you had a go at making the tartare style fishcakes in issue #16 of the newsletter. Here is another easy to make and very tasty recipe, Italian style pizza.

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.



Ingredients:

Makes: 1 large pizza base
7.5g baking yeast
225ml warm water (45 C)
220g '00' flour
55g fine cornmeal
2 tablespoons olive oil
1 teaspoon salt
1 teaspoon white vinegar
2 teaspoons caster sugar
1 small tin chopped tomatoes

1 teaspoon dried oregano
1 mozzarella ball
Topping(s) of your choice



Pizza with Anchovies, Capers, Olives and Basil Leaves

Method

In a small bowl, dissolve yeast in warm water. Let stand until creamy, about 10 minutes.

In a large bowl, combine bread flour, corn meal, vinegar, olive oil, salt, sugar and the yeast mixture; stir well to combine. Knead the dough on a floured top for seven minutes or until a stiff dough has formed. Return the dough to the bowl. Cover and let rise until doubled in volume, about 30 minutes.

Preheat oven to 180 C / Gas mark 4.

Turn dough out onto a well-floured top. Form dough into a round and use your fingers to form into a pizza base shape.

Blitz the tomatoes and stir in the oregano then spread the sauce sparingly onto the pizza base. Tear the mozzarella onto the base and add your toppings. Bake in oven until golden brown for about 20 minutes.

more, but together a strength worn by many battles grows forever more, so take our hands and guide our peace unto the tears of love, a defying way to the shadows of life's rules, an instinct to fight unwavering for its too long afraid of the pain, for together we shall defeat all before us—

Raffle

The Halloween Raffle was won by Babs. Again!



Babs with Her Prize

Twenty six pounds were raised for the members' fund. Thanks to Jean and Tracy for organising the raffle.



To Hull and Back

Last month, reporters Howard and Gary wrote about a street arts festival that they attended in Great Yarmouth. As promised here is a report on last year's

Words with Paige

heaven knows we can't take no



Passionate



Empowering



Sustainable



Creative



Equal

Freedom Festival in Hull.

Arts group Appetite has been based at the New Victoria theatre since 2013. They were keen for us to visit Hull, not only for the street acts but also the city of Hull. Hull had been awarded the status of City of Culture in 2017. As you may recall last summer Stoke was in the running to become the host city in 2021. So this was an ideal opportunity to check out Hull's progress.



The vast number of year long events had started, as you would expect with pyrotechnics and music on the first of January but I think it's fair to say that the September weekend Freedom was hoped to be one of the highlights.

We travelled by train early on Saturday morning. On our arrival at Hull station we were impressed to see a very large City of Culture information area that had been assembled. A taxi took us to our hotel on the outskirts of the city. After checking in we made our way to an area called Freedom Park where many of the weekend's acts were performing.

Two of the best acts were, Epico the Dragon and tight rope act the Bullzini Family. Epico was a family act mainly for small children but was excellent.



Epico Breathing Fire

The dragon was friendly and interacted well with the children. They loved the fire and smoke that came from Epico's nostrils and I'm still not sure if there was really a man inside!

The Bullzini Family certainly put the fun into tight-rope walking.



Careful Now!

A couple argue and fall out high in the air the woman throws washing and other items in the man's face as he tries to walk and ride his bike across the wire. Thankfully there was a safety net!

Other acts we enjoyed were dance act D-Construction, unique because they performed on a large metal fence with the audience both sides.

Saurus were three dinosaur type beasts with glowing eyes, great when they came out at night!

Clash of Drums was the longest show on Saturday night at twenty minutes plus. Think ten evil looking men wearing masks,

frantic drumming and fireworks. So a very good weekend. Our one criticism, some of the signs to the events were poor. A prime example being a dance stage we couldn't find by the docks. When we finally had to ask someone we were told it's behind that high rise building over there!

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.

Want more details?

Phone Frank on:
01782 517238

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

Customer Engagement Numbers

Many people engage with Brighter Futures by attending events throughout the city and beyond. Between May and



Passionate



Empowering



Sustainable



Creative



Equal

October 176 customers attended 26 events which is a great turnout.

Competition to be the person attending most events has been fierce and we can now announce the results:

Gold Medal Phil Scoggins – 14

Silver Medal Phil Bowyer – 11

Bronze Medal Steve Draisey - 10

Thanks to all members for attending and congratulations to Phil S!

Please speak to Howard or Gary if you have any ideas for new places we could visit.

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)

Pets' World: Diane's Rabbits

Tell us about your pets past and present and what they have meant to you. The first in an occasional series we have Diane's story about her rabbits.

'For my daughter's 14th birthday I bought her a little black rabbit.

He lived in the house and we had many a surprised visitor when a rabbit jumped up and sat on their lap.



Eventually we decided he needed a friend so we contacted a local rabbit rescue organisation. They agreed to bring one to the house. When they turned up they had two so we could "choose". Of course we had both. So then we had three fluffy balls of fur jumping around.

One day we went to church and on leaving someone handed my daughter a rabbit in a box saying "I've heard you rescue rabbits!" Well this rabbit came home too. However she was very scared and my daughter spent hours lying on the floor gaining her trust.

One morning we went to clean their bed out to find four babies. Penny had been pregnant when we got her.



Well they all stayed so you can imagine visitors' surprise when not one but seven little rabbits came hopping by.

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.



Passionate



Empowering



Sustainable



Creative



Equal

This month's volunteer is Alan who tells us about his voluntary work for Brighter Futures.

Alan

Alan found out about the Clubhouse Network after a spell in 90 Hope Street, in 2015. Malc a friend introduced him to Zoe at the Observatory art group.



Alan

Alan likes to draw many subjects and doesn't really have a favourite.

Three years ago Alan painted a large owl on canvas for Hidden Talents. He was delighted that it sold for £100 to the chairperson from the local RSPB.

Steve who he is peer mentoring at the moment also paid £60 for a Rhino's head picture making a grand total of £160 which goes back into art group for materials.

Alan likes to draw at home and does war gaming. He also likes to read murder and science fiction books.

His claim to fame is winning a book competition. The prize was a part as an extra in the zombie

film, "The Girl who had all the Gifts". His scenes were shot at the old Hanley bus station.

There he met Glenn Close and her sister Dot, who was also in the film as an extra. Alan found Glenn to be lovely and very down to earth.

Alan attends the Observatory twice weekly and hopes to keep attending for many more years as he enjoys it immensely. Being at the Observatory helps him get out and helps with his mental and physical health.

Clubhouse Stories

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

This Month We Have Phil

Phil first came to the American four years ago with his friend Rob Mason. He quickly settled in and now attends every day.

Phil enjoys meeting and chatting to old and new members.

Most days he plays pool and some Thursday nights he plays in goal for the American football team at the YMCA.



Phil the Stoke City Fan

Phil likes the Clubhouse trips and came to most of the events this year.

He has a passion for singing and sings Karaoke every Friday and also enjoys the monthly Karaoke at *twentyfourSEVEN*.

Phil holds the record for most number of appearances in the Newsletter and is always keen to show the latest issue to his mum who's now in her ninetieth year.

In his working life Phil was a milkman for fourteen years, he also was a bus driver for four years. Finally he worked as a press operator at Creda for a year.

In his younger days he played table tennis for Stoke-on-Trent. He met some famous players, including Chester Barnes.

Most Saturdays Phil enjoys a breakfast at *twentyfourSEVEN* and can be found there most Wednesday afternoons after the American closes at 2p.m.

Finally he is looking forward to visiting Benidorm in April with Paul his support worker.



City Places To Visit

This month we cross the border to Newcastle to view the Brampton Museum and



Passionate



Empowering



Sustainable



Creative



Equal

Art Gallery.

At less than half a mile from the town centre the museum is a hidden oasis featuring over eight hundred years of borough history.



A View of the Museum

The Victorian street is excellent, with the shops replicated to show how they would have looked in the town 150 years ago. I was impressed to see items on display from the pawn shop, ironmongers and chemist.

The doctor's surgery was well stocked though I must admit some of the surgical instruments did look rather gruesome!



In another part of the museum there is an area showing how the rich Victorians would have lived. Including a grand piano for a family sing-a-long, fine bone china for afternoon tea and not forgetting a favorite of the time a beautiful grandfather clock.

I did enjoy the toy gallery with teddies, games and dolls up to 150 years old.

There is an interesting exhibition of period costumes and the art gallery has a changing programme by local and national artists.

The museum is really two attractions in one as Brampton Park has much to be recommend it.



Sculpture of a Woman Receiving an Unwanted Telegram during WWI.

As well as the large sandpit, children will enjoy the pond and aviary.

For relaxation there is a rose and sensory garden.

From May to September each Sunday it's all aboard for train rides run by the North Staffordshire Model Engineering Society.

Finally in the park the café serves drinks, snacks and main meals.

As with most museums admission is free but there is a donation box.

This was my first visit to the Brampton Museum and I have to say it won't be my last.

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**



Passionate



Empowering



Sustainable



Creative



Equal

from 12:00pm-1:30pm and 2:00pm – 3:00pm?

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

Mindfulness

What is Mindfulness?

Mindfulness is wordless. Mindfulness is meeting the moment as it is, moment after moment after moment, wordlessly attending to our experiencing as it actually is. It is opening to not just the fragments of our lives that we like or dislike or view as important, but the whole of our experiencing.

White Wind Zen Community

This month's Mindful Moments

In order to sow seeds, you must first clear a patch of land.

Mindfulness helps to clear a space in our minds which we can use to plant the seeds of hope and joy in.

Anon

For me mindfulness is like building a house, so the next time the depression comes I'll have a structure in place to resist.

Ruby Wax

Do not encumber your mind with useless thoughts. What good does it do to brood on the past or anticipate the future? Remain in the simplicity.

Dilgo Khyentse Rinpoche

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 Jess Cooke from *twentyfourSEVEN*.

Jess

I have worked for Brighter Futures Clubhouse Network for eighteen months mainly based at *twentyfourSEVEN* though I also cover shifts at the American. I also work closely with staff at The Observatory. In the past I have done relief work for the Chepstow Scheme based in Stafford.



Jess at *twentyfourSEVEN*

Whilst at *twentyfourSEVEN* I have organized various themed days, including a beach day, Halloween and Positive Memories days.

I like to encourage members to support and help on these days. Prior to this job I had worked for Gingerbread supporting vulnerable and isolated families in crisis. I also worked for Ballington House women's rehabilitation mental health

unit. Meaning that I had experience for my current role with Brighter Futures.

I find the job rewarding; working with customers, supporting them to achieve their goals large or small.

In my spare time I enjoy reading, yoga, fitness classes, spending time with my family.

I enjoy music, my favourite genre being old school hip-hop. I also attend live music events.

I was honoured to receive a Brighter Futures Value award at the staff and volunteer event last December at the King's Hall Stoke. Finally I enjoy working with a super team, constantly learning in a great environment.

Album Of The Month

This month **Music Man** reviews Egypt Station by Paul McCartney.

Mr. McCartney, or Macca as he is known to his friends is now in his 76th year and is worth as estimated \$1.2 billion. So no one would complain if he spent the rest of his days on some warm island sipping champagne, while eating the odd veggie-burger!

When asked about this, his 17th solo album, he was quoted as saying, he didn't want it to sound mundane!

I had heard a few good things said about Egypt Station but at 55m, featuring 16 tracks



Passionate



Empowering



Sustainable



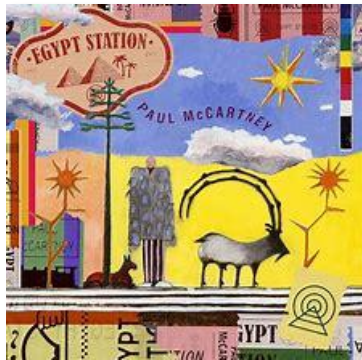
Creative



Equal

I did wonder how many killer and non-filler tracks would keep my attention!

Many people would rightly say that Paul wrote most of his best songs with John Lennon. That said, fans old and new will revel in what they hear in this offering. From rock to ballads and much more, there is certainly something for everyone!



The piano led, I Don't Know is so melodic and one Elton John would have been proud to have written. This is followed by the single Come On To Me, big and brash with a great sing-a-long chorus, one of many outstanding songs. Another ballad, Happy With You, in which Paul sings about finding happiness in much simpler things now he is older and wiser, again is a highlight.

As well as writing the songs, the multi-talented, Paul plays all of the instruments, quite an achievement for an old timer!

Space forbids me from writing about every track but fans of 10cc will enjoy the inventiveness of Back in Brazil, Fuh You has a melody that sticks in your head after a few plays!

Despite Repeated Warnings, is .

similar to Band On The Run by Wings, a slow start building up to a lively end.

The final track is a three parter, Hunt You Down/Naked/C.Link. The first part is rock, followed by the gentle Naked ending with C.Link where Macca finishes off proceedings with his bluesy slide guitar and for me is a favourite. Only time will tell how this album ranks in his vast catalogue but I will finish by saying that since I started to write this feature a few issues ago, Egypt Station is the one I have played the most.

Music Man



New Vic (Queens of The Coal Age)

On 25th September members went to a performance of 'Queens of the Coal Age' at the New Victoria theatre in Basford.

Based on a true story by playwright Maxine Peak.

"We Are Women Against Pit Closures And We're Occupying This Pit" so said Anne (wife of NUM leader Arthur Scargill), Elaine, Dot and Lesley. Four ordinary women, facing the closure of their community pit.

It's 1993 and the Parkside Colliery pit may be winding down, but they're not giving up.

Their bras stuffed with contraband, they take a tour of the pit and refuse to come up. Settling into the depths of the mine, making tissue roses and walking imaginary dogs, they face bribery and threats. But as they dig in, those up top start to realise these ladies are not for turning.

Members found the play both moving and funny. Kat Anthony who took the part of Anne produced a stand out performance.

As usual a night out at the New Vic proved to be very entertaining.

The next show members are going to is the Christmas Show which will be 'Wind in the Willows'

Grease is the Word (Fire)

It was rather strange that my first job was in a garage as before my last school year I had told the careers officer that I wanted to become a chef!

This involved doing cookery with the girls every week and even though I was the only boy they all treated me very well. Looking back I think it was my dad that changed my mind. He told me how hot the kitchens would get and the unsociable hours, including weekend work.



Passionate



Empowering



Sustainable



Creative



Equal



In those days they would let you leave school at 15 but only if you had a job so I started to look in the local paper. One day I saw that a garage in Longton wanted apprentice body builders (my family laughed as they thought I would end up a muscle man!)

I remember the job interview was very quick and was really just a case of when you leave school you can start!

Telling the school head my decision was my next task. That went without a hitch, so Easter 1971, I escaped!

I say that as I never really did like school.

After my first week at the garage I remember thinking I'm only doing two more hours a day and they are paying me!

I had to buy a boiler suit and sturdy boots.



My mum helped me out as the pay was only £5.00 a week and over £2.00 of that went on bus fares!

As a music lover I liked the loud radio everyday and I vividly remember one of my first tasks.

When cars were booked in for welding under the chassis, they would have to be lifted on the hydraulic platform. However before this I would have to get in with a bucket of water and rags.

As the welding started, small fires would break out as the carpet in the car caught fire! Of course in those days there were no health and safety people around and looking back I often wonder just how close some of the work was to the petrol tank! After a few weeks I heard from other apprentices that most were finished at sixteen as they had to pay them more money. So I decided to leave.

In my working life I had many jobs including forty years at Wedgwood. I remember in my twenties having a passion to become a fireman but due to poor eyesight I failed at the start.

A shame really as I had plenty of experience, fire-fighting with just a bucket of water and a few old rags.

Grease Monkey

Local History Shelton Bar

In 1841 the 4th Earl Granville began to produce pig iron by smelting locally mined ironstone. Much of the pig from the blast furnaces at Earl Granville's Shelton Coal and Iron Works was converted into wrought (malleable) iron in the pudding furnaces of an adjacent, but nominally separate business, the Shelton Bar Iron Company (Granville

had a large financial stake in the business.)

In 1850 Granville built a bank of blast furnaces on the west bank of the canal at Etruria, and further industrial expansion on this site brought considerable growth to Hanley in the second half of the 19th century. In 1855 the Shelton Bar Iron Company won the silver medal for wrought iron quality at the Great Exhibition in Paris. Also in 1850 a mineral railway was built to serve the ironworks and in 1873 the railway extended northwards (the Potteries loop via Burslem to Kidsgrove). In 1947 Shelton's coal operation was nationalised as part of the National Coal Board.



At this time, the workforce was more than 10,000. There were five coalmines on the site, steelworks and rolling mills, a coking plant, blast furnaces and bi-product factory.



British Steel

After the second nationalisation which created British Steel in 1967 the



Passionate



Empowering



Sustainable



Creative

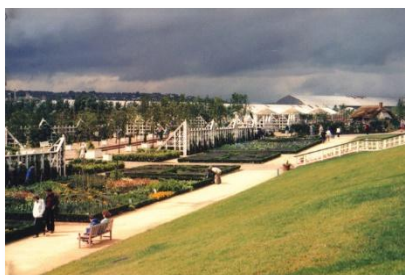


Equal

works was progressively cut back until in 1978, the final blast furnace closed.

National Garden Festival

The National Garden Festival was held in Stoke on the site of the former steel works, Shelton Bar. It was held from May to October 1986.



The site reclamation cost £5 million, and the Festival itself cost £18 million. Around 300,000 trees were planted on the site. A lengthy 2ft (610 mm) gauge railway was built around the grounds with five stations. There was also a cable car on the site. It attracted many thousands of visitors from all over the country during the six months the festival was open. Now the site is a thriving business, leisure and retail park which was completed in 1995.

Find Brighter Futures on Social Media



[facebook.com/
brighterfuturesNW/](https://facebook.com/brighterfuturesNW/)



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

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 Marie Smith who is Operational Manager - 90 Hope Street.

Marie

Firstly, thanks for asking me - What an honour to be asked to contribute to the Clubhouse Newsletter!

A bit about me – I'm now working at No. 90 Hope Street hostel enjoying spending time with customers and staff. The

customers are so diverse, and I get to see them every day so that's great for me, maybe not so much for them! The staff are amazing and show such commitment in what at times can be a very challenging job. In total we have thirty five customers and an additional five to six people on emergency provision.



Marie

Prior to this I worked in the housing team, managing both the Partnership and Citywide schemes. Again, the common thread throughout the company is the amazing staff we all work with. Brighter Futures have approx. 250 customers within the two schemes, so this was a very busy, though very rewarding job. The great aspect of this job was the partners I worked with. One being Julie Richardson – so if you see her at Hillcrest please say, "Marie says Hello!"

Before joining Brighter Futures, I worked for a company for 5 years as an area manager. The company was based in Derby and



Passionate



Empowering



Sustainable



Creative



Equal

provided support and accommodation for young people leaving care. I loved the job and loved living in Derby, particularly the Westfield shopping Centre! Previous to this, I worked for the Co-op within the Property Group and managed the ISO 9001 quality system. So, I was like a 'Martin Callan' (who works as the Head of Governance for Brighter Futures), but I wear skirts!

Mike Moors Garden HOMEBASE

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

I love chocolate so I have to go to the gym ☺. When I worked in housing, we had a 'plank off' – Katie Nicholls won, she planked for six and a half minutes!!! I read a daily devotional written by Pastor Bob Gass and is published by United Christian Broadcasters. It's called Word for Today and is totally awesome. I'm a Liverpool fan; however, I do follow David Beckham for obvious reasons. I was originally a Port Vale fan, however, years ago I belonged to a dancing troupe and we performed at half time at Vale Park and were booed off the pitch!!!

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.

Identity

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.

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
any 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

Jokes

This month we have some more Tim Vine one-liners and a few jokes from this year's Edinburgh Fringe. Some of these jokes are so funny we could barely breathe when we read them.

Insomnia is awful. But on the plus side only three more sleeps till Christmas.

My friend visited and caught me hiding in my wardrobe. She asked me what I was doing. I said it's Narnia of your business.

I took my new girlfriend out the other night for a treat and booked a table in advance. It wasn't until we got there that I found out that she doesn't like snooker.

I'm very conflicted by eye tests. I want to get the answers right but I really want to win the glasses.

Do you know when you play a country song backwards? You get your job back, your farm back, your partner back, your truck back... ..



Passionate



Empowering



Sustainable



Creative



Equal

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.

November 2018						
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	

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.



Passionate



Empowering



Sustainable



Creative



Equal

Mindful Colouring

Express yourself in colour with this mindfulness colouring picture.



brighter futures

creative support, housing and employment