

Hello everyone, this is the eighteenth 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.

HALLOWEEN AT TWENTYFOURSEVEN

Halloween was celebrated in fun style at *twentyfourSEVEN*. Customers helped to decorate the room in a suitably eerie fashion. As usual Charlotte's costume didn't disappoint as she dressed as Cousin It from the Adams Family.



Charlotte as Cousin It
and Tracy as a cat



Val is in the Frame

Photographs of people in the Halloween Frame proved popular with many people. The Karaoke machine had an outing and many songs were sung, some more tuneful than others.

A Halloween hunt saw customers searching for sweets hidden all around the building.

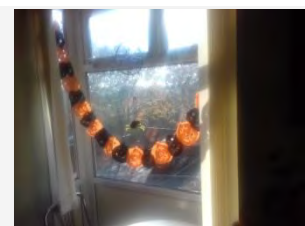
Other activities included a Halloween quiz hosted by Howard and Gary and delicious hot dogs were also served.



Andrew Belts out a Number
on the Karaoke Machine



Pumpkins-a-Plenty



Spooky Decorations

Chester

A Trip to Beautiful Chester

A trip was undertaken by Howard, Phil S., Dave D. and Dave H. to visit the beautiful Roman town of Chester. The town didn't disappoint!



The famous Chester clock



Tudor shops, Chester High Cross

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!

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

(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.



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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



Clubhouse Network

Gardening Group at
The American Clubhouse.

If you like gardening then come and join in tending the Mike Moors Memorial Garden or just sit in the garden and enjoy this relaxing space.



Your monthly Newsletter is created by:
Assoc. Copywriter, Photographer: Charlotte Booth
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
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



www.brighter-futures.org.uk



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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



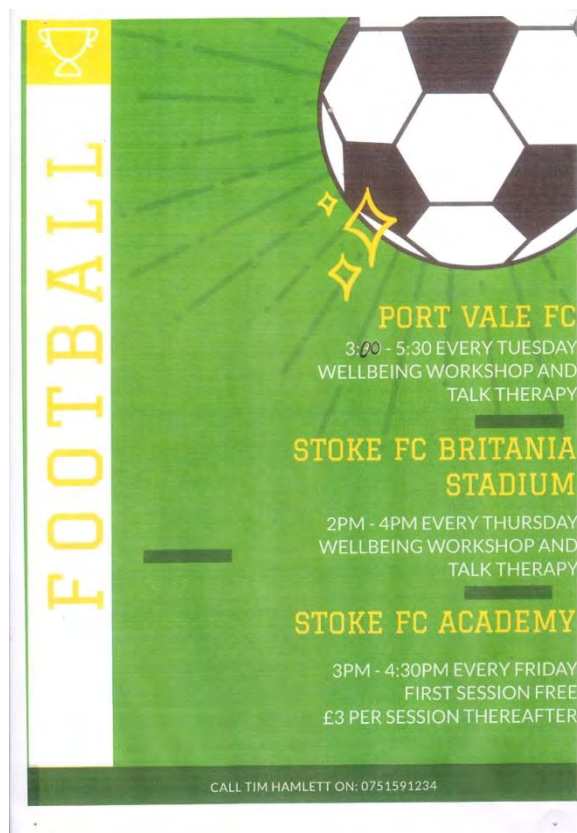
The Clubhouse Network 2019 Calendar



ON SALE NOW

Cost £3:50 See Mark to order your calendar

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Timetable for Activities Dec 18/Jan 19 – Clubhouse Recovery Network

For more Information call: SARA THOMAS – Support Worker – 07824 638088

KATIE NICHOLLS – Support Worker – 07824 630858

ALL BOOKING FOR HIGHLIGHTED COURSES MUST BE DONE THROUGH ABOVE NUMBERS

Please note timetable is subject to change

	Café Area	Main Hall	Other Room
Tues 11th Dec	Social, light lunch 12-1 (small charge) activities include Making Candles	1.30-3.30 Karaoke	
Thurs 13th Dec	Social, light lunch 12-1 (small charge) activities include making Christmas cards	1.30 -4pm Collect your Christmas photo from 4th Dec	11-1 Cook and Eat Booking required
Tues 18th Nov	Social, light lunch (small charge) and activities.	1.30-3.30 Prize Bingo (small charge)	
Thurs 20th Dec	Social, light lunch (small charge) and activities	End of Year Celebration	
Tues 25th Dec	CENTRE CLOSED	CENTRE CLOSED	CENTRE CLOSED
	MERRY CHRISTMAS	MERRY CHRISTMAS	MERRY CHRISTMAS
Thurs 27th Dec	CENTRE CLOSED		
Tues 1st Jan	CENTRE CLOSED Happy New Year	CENTRE CLOSED Happy New Year	CENTRE CLOSED Happy New Year
Thurs 3rd Jan	Social, light lunch (small charge) activities include Knitting and Crocheting.		
Tues 8th Jan	Social, activities, light lunch (small charge)	1.30-3.30 Mind Board Art and Craft Activity – New year fresh start positive ideas for 2019	
Thurs 10th Jan	Social, light lunch (small charge) activities including cross stitch,		10-12 Cooking Class – 6 Weeks Booking required
Tues 15th Jan	Social, light lunch (small charge) and activities	1.30-3.30 Prize Bingo (small charge)	1.30 -3.00 Group Therapeutic session Booking Required
Thurs 17th Jan	2-4 pm Social time and activities	FREE COMMUNITY MEAL Socialise and share idea on how to shape your community	10-12 Cooking Class - Booking required
Tues 22nd Jan	Social, activities, light lunch (small charge) activities include clay modelling		1.30 -3.00 Group Therapeutic Session Booking Required
Thurs 24th Jan	Social, light lunch (small charge) and activities	1.30-2.30 Mindfulness session 2.30-3.30 Yoga (£2.50 subsidised charge)	Cooking Class - Booking required
Tues 29th Jan	Social, light lunch (small charge) and activities	1.30-3.30 Prize Bingo (30p a go)	1.30 -3.00 Group Therapeutic Session Booking required
Thurs 31st Jan	Social, light lunch (small charge) and activities	1.30-3.30 Tea Dance – Open to all ages	Cooking Class - Booking required



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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, Boothem, 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.



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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.

21 DECEMBER

CHRISTMAS CELEBRATIONS

10 - 2 AT THE AMERICAN



Pool tournament	Christmas quiz	Mince pies
Christmas Karaoke	Raffle	Chocolates
Board games		

Christmas fancy dress... PRIZE FOR BEST DRESSED !!

**Clubhouse
 Network Newsletter
 by eMail**



Receive the **Clubhouse Network Newsletter** every month in your email inbox.

Request to be put on our email list by sending the word 'subscribe' in the subject line of your email to volunteer-inglande@brighter-futures.org.uk or give your email address to Gary, Howard or Mark..



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



				
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Crafts

&

Arts

Our Arts Co-ordinator from the Clubhouse Network, Chris Oldham is working in Bradwell Wood, Newcastle-under-Lyme to improve the visitor experience.

Environmental artist Chris is building a giant willow sculpture of a Wizard in a hat. You can sit inside the wizard's mouth. This is part of a bigger project to regenerate the woods.

There is a guided walk around this ancient oak woodland 9th Dec at 11am. Meet at the Fed Ex depot. Visit friends of Bradwell wood at willowarts.co.uk/WebPage5/bradwell%20woods/BradwellWoodpage.html

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.



Chris With Russian Hat



Willow Wizard



The Wizard Sculpture Taking Shape



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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 *twentyfourSeven*.
Wednesday December 5th, 2018
3.00pm till 5.00pm.

Whatever your choice in music, 1960's, 1970's, or 1980's,
there is a song for you. You can just come along and
listen you don't have to sing.

**If you are interested 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.



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Diwali

A group of Brighter Futures customers visited the Diwali celebrations held at Stoke-on-Trent Museum and Art Gallery.



Traditional Jewellery for sale



Delicious food was on offer

In the day-long celebration of Diwali, the Hindu Festival of Lights there was performance art, dancing, singing and culture.

Traditional Indian jewellery and sari material was for sale.

We all enjoyed sampling the ever so tasty Indian food.

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@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/>

This Month's Recipe

We hope you had a go at making the Italian Style Pizza in issue #17 of the newsletter. Here is another easy to make and very tasty recipe Oat Soda Bread. Eat this with salted butter. Chances are it will all be gone before its cold.

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:

Butter to grease pan
270g rolled oats or oat flour
285g plain flour, plus more
for dusting and kneading
1 ¾ tspns baking soda
1 ¼ tspns fine salt
415ml buttermilk, more if
needed



So Good When Warm



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Method

Preheat the oven to 205C /Gas 6 with a rack in the middle of the oven. Butter and line a 2l loaf pan or tin with parchment paper and set aside.

To make the oat flour, (if you only have rolled oats) use a food processor to pulse the rolled oats a few times. Then process into a fine powder – another minute or two.

Sift the flours, baking soda and salt into a large bowl. Make a well in the flour and pour in the buttermilk. Stir just until everything comes together into a dough. Turn out onto a lightly floured countertop and knead for thirty seconds or so, just long enough for the dough to come together into a cohesive, slightly flattened ball without many cracks or fissures. If your dough is on the dry side, add more buttermilk a small splash at a time. Now ease the dough evenly into the prepared baking pan.

Brush all over the top and sides with buttermilk and sprinkle generously with flour, two tablespoons or so. Slice a few deep slashes across the top of the dough. Bake for about thirty minutes, then quickly move the rack and bread up a level, so the top of the bread gets nice and toasted. Bake for another twenty minutes, or until a hard crust forms and the bread is baked through. It will feel very solid and sound hollow when you knock on it. Carefully lift it out of the pan and allow to cool on a wire rack.

New Groups at the American Clubhouse in January

Model Making Workshop

Come and join in with this new group. Make whatever you want to; Airfix, Model Rail, painting figures or even Lego.

This weekly group starts on the 11th Jan 2019 from 10:00am to 2:00pm and will be co-ordinated by Frank.

Sewing Workshop

This new workshop will include learning dress making and alteration skills.

This weekly group starts on the 9th Jan 2019 from 10:00am to 2:00pm. For more information speak to a member of the team.



Thanksgiving at the American Clubhouse

It's that time of year again where we celebrate Thanksgiving at the American Clubhouse.

There was a large turnout of members most of which were eager to sample the hotdogs and donuts.

Attractions included a tombola, craft stall and raffle.

To say Claire was happy to win the giant teddy bear was somewhat of an understatement. Claire correctly guessed that the giant teddy bear was called Joshua. However Claire has decided to call her bear Bobby. The giant bear competition raised £40 for the members' funds.



Claire with Bobby

Tracy and Becky were the lucky winners of the Raffles. The raffle raised £36 for the members' fund.



Tracy and Becky with their prizes

The tombola was massively popular and raised £143.20 for the members' fund. The jewellery stall raised £16 for the members' fund. Thanks to Jean and Tracy for organising the 'name the bear' competition and raffles. Thanks to Tracy and Sue for running the jewellery stall.



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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.

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>

Pets' World: My First Dog

Growing up my sister and I always wanted a puppy but my Dad probably rightly, said no as he felt all of the looking after would be left to him and my Mum. However when I met my wife to be she loved dogs. So soon after we got married we saw an advert in the local paper for a breeder selling cocker spaniel puppies and she suggested maybe we could just go and have a look; she was bound to want one.



Sure enough we picked the cutest of the litter and called her Molly. We paid one hundred pounds which was quite a sum of money for a dog in 1982.

We didn't have a car at the time but didn't like the idea of Molly

being in the house alone all day. As we both worked full time it was left to my wife to go home at lunch time to let the dog out to answer the call of nature. This proved to be problematic as she was often late getting back to her office. So we decided the only option was to buy a car. This worked out well as it also gave her more time to eat as well as dash back for the dog.

The only downside was that the car cost nine hundred pounds. I used to joke to people if we hadn't bought a dog it would have saved us a grand.

We had her for thirteen years and she was a lovely dog. We went on to have others but none came close to Molly. She was so quiet and rarely even barked.

The only problem we ever had with her is she that she was overly friendly and we were always telling her off for jumping up to people to say hello. My Mum used to live in a terraced house and every time we used to visit, on letting Molly off the lead she would hare all the way through to my Mum who was usually in the kitchen, my Mum bless her was never firm enough in telling Molly to get down so we would always have to go and rescue her.

This story played itself out on every visit for many years.

In the mid '90s Mum got the very sad news that due to



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illness her life would soon be over. Of course friends and family were all devastated but she had a very strong faith and convinced everyone that she was going to a better place. A few months after my Mum went we lost Molly due to old age. My Wife and I laughed, thinking Mum would be saying, 'What have you sent her for, I'm trying to get a bit of peace!'

DogMan

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 Katie Nicholls from Clubhouse Meir.

Katie

I previously worked for Brighter Futures for two years from 2015 as a Support Worker and subsequently a Housing worker for The Housing Team based at Whittle Court. My new role is as a Mental Health Support Worker for GP Surgeries and Businesses in the Meir locality.

We are part of The Clubhouse Recovery Network which we have extended to Meir where we hold a safe space and offer advice connected to social welfare and a person's wellbeing. This is open to anyone living in the Stoke-On-Trent area.



Katie at Clubhouse Meir

Setting up a new project has been testing however, I consider myself to be open minded, approachable, energetic and fun to be around and the people I work with both in the Community and my work colleagues, have made me feel very welcome; valuing people and their difference in opinion, lifestyle and character is what I feel is vital to my role.

My interests are in keeping myself mentally and physically challenged and take pleasure (most of the time) participating in cardio classes and weight lifting; yoga is something I also practise when I need some calm in my life as I have three

beautiful children who can test my patience but they keep me grounded.

Finally, I really could not work in any other environment; I hope our work in the Meir area becomes a vital part of the community.



City Places To Visit

This month we take a look at the Potteries Museum and Art Gallery.

The city's largest museum opened in 1956. However in the late 70's a major expansion took place. The finished attraction opened to great acclaim and in 1982 the new building received the prestigious Museum of the Year award.



A queue for the Saxon Hoard

The museum contains over 650,000 individual objects in many collections.

There is so much to see from natural science, archeology and as you would expect ceramics; from the early stoneware to the fine bone china that made the city great.

In other areas visitors can view a public house, chemist



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and a fish and chip shop from earlier times.

There are also audio/video presentations from real Potteries people about the tough times they endured.

The museum's most prestigious collection is the Staffordshire Hoard. Incredibly it was found by a man in a farmer's field with a metal detector in 2009.



A Gold Cross found with the Hoard

When counted there were over four thousand items and is now the largest Anglo Saxon gold and silver hoard ever found.

Art is well represented from locals like Arthur Berry to the much more famous L.S. Lowry.

The museum has an excellent theatre in which events, shows and films are presented throughout the year.



A Spitfire in Flight

At the time of writing the iconic Spitfire isn't on show as it is away being restored to bring it back to

its former glory.

When it returns in 2020 it will be housed in a new glass dome costing several million pounds.

I read online that the average time a visitor stays is around two hours. This doesn't surprise me as there is so much to see on the two floors.

Finally the café serves very good affordable food, from cheesy oatcakes to jacket potatoes both with salad. The lattes and cappuccinos can also be recommended.

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.

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.



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

The truth is that our finest moments are most likely to occur when we are feeling deeply uncomfortable, unhappy or unfulfilled. For it is only in such moments, propelled by pure discomfort, that we are likely to step out of our ruts and start searching for different ways or truer answers.

M. Scott Peck



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One of the best protections against disappointment is to have a lot going on.

Alain de Botton

Album Of The Month

This month **Music Man** reviews Simulation Theory by Muse.

Back in the early '90s three awkward teens from Teinmouth Devon, wearing Nirvana t-shirts channelled their adolescent angst and drive to be as weird as possible, to form what would become the institution and powerhouse that is Muse.



Over the years the band have been compared to a heavier version of Queen and indeed legendary guitarist Brian May is a big fan.

Probably one of the differences is that lead singer Matt Bellamy as well as being a superb guitar player is also a classical trained pianist.

So over the years the band has often mixed rock with orchestral and classical elements. However for this their eighth album, gone are the long and some critics would say, overly self indulgent songs for much shorter offerings.

Indeed as no track is longer than four minutes, it has to be said that no song outstays its welcome.

The band wanted the album cover to look like a film sci-fi poster and maybe with this in mind, track one, Algorithm, is very cinematic and would be perfect for a Blade Runner type film.

Five tracks, The Darkside, Pressure, Something Human, Thought Contagion and Digdown will already be familiar to the band's fans as they have been released as teasers online and the majority of the tracks have been played on the radio.

Something Human is almost a pop song but is still very good. Pressure was featured on a recent Jools Holland show and judging by the studio audiences reaction is bound to become a live favourite.

The same can be said for Thought Contagion on the deluxe version of the CD you can hear the fans singing along at a gig last year.

I found most of the album to be an easy listen though back-to-back tracks Propaganda and Break It To Me needed a few plays as they are a little experimental.

As always Matt's falsetto voice enables him to hit every note with ease though on this record I did miss the guitar riffs and piano solos. They have mainly been replaced by synthesizer. In fact so many tracks feature the instrument it's almost like they have been given the

instrument for the first time.

I have written quite a few music reviews for the Newsletter and for the first time Muse are a band I have seen and rate highly so maybe I am a little biased but I have to say I rate Simulation Theory as an eight out of ten.

Music Man



The Dull Men's Club (Born to be Mild)

The Dull Men's club was formed in New York in the 1980's when founder member Grover Click (great name), and his friends were chatting saying, they were fed up with their mates showing off about doing sports! From bungee jumping, climbing mountains, deep sea diving and much more.

They decided that their hobbies and pastimes were maybe dull but never boring. About 20 years ago Grover moved to London and was delighted to find hundreds of Dull Brits! For example a chap called Steve collects empty milk bottles. At his last count they amounted to over seventeen thousand. The weird thing is he doesn't like milk!

Dick travels all over Britain



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taking pictures of old village water pumps.

Member, Neil found a very old house brick many years ago and notices that the makers name was stamped into it.

He now has hundreds, everyone different.

Women are also members of the club. Amanda has a passion to follow Brown tourist signs, always intrigued to see where they lead.

Other members take pictures of cloud formations and road roundabouts!

I was thinking that I have never done anything dangerous or exciting. Apart from a parachute jump in 1973!

Although that's not the full story. I had a friend who decided in his wisdom to organize a charity parachute event!

I must admit I wasn't very keen on the idea but he persuaded me by saying he had others who had agreed!

The drive to the airfield was quite long as it was in Hereford.

On our arrival we were taken to a building where there was a platform about seven feet high. Our instructor taught us how to jump off before rolling into a ball on landing. Saying failure to do this properly could result in a broken ankle or leg!

There was a strong breeze when we got to the site but we were assured it wouldn't be a problem as long as it didn't get any worse. Most people now-a-days doing a jump for the first time would do it strapped to an instructor but we had to learn how to pull the chord out!

On leaving the aircraft we had to fall for approximately five seconds. So, we were told to count, one-hundred, two-hundred, three-hundred... and then pull on five-hundred.

Pulling too soon could result in the chute flying up, getting caught in the propellers and crashing the plane!

We were told that we would be attached to the plane and if for some reason we didn't pull the lever out after fifteen seconds then the chord on our backpack would tighten, releasing the reserve parachute!

Mike Moors Garden HOMEBASE

Thanks to Homebase for all the help they have given us with the garden, which continues to bear fruit and for donating a Christmas tree to the American Clubhouse.

By now I had decided I really didn't want to do this. Then we had a stroke of luck the wind speed had increased and it was too dangerous to take us up but we could come back another day. I wasn't disappointed that we never did.

So hopefully by only nearly doing a parachute jump. I could still join the Dull Men's Club. As most of my hobbies like doing crosswords are dull.

The club has over five-thousand members worldwide and produces a yearly calendar, mugs and other items. Check

out their website. I promise you, it's not at all dull.

Howard

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 Martin Callan who is head of governance, business and compliance.

Martin

Martin has worked for Brighter Futures since 2009 and has a background in retail banking from the age of sixteen when he left school. His role is to make sure the board meet regulatory minimum requirements and also to make sure the Board have everything they need to support the customers.



Martin

Martin also manages Jane who is the Health and Safety



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manager and Kelly who works as an administrator part time.

Martin works closely with CEO Helena to make sure the company business is taking the correct actions. Lately Martin has been working on the new GDPR regulations.

Martin has two daughters, one who is going into sports journalism.

Martin himself like most sports and enjoys going to the occasional Port Vale game.

Martin enjoys local theatre and on Fridays he loves Gala Bingo with his wife followed by a chippy tea!

His favourite holiday haunt is St. Ives where he enjoys body boarding.

Musically Martin likes mostly 70s and 80s music and has a large collection of vinyl records. On television he likes comedy on UK Gold, documentaries and most sports.

Volunteering can be very beneficial and help develop skills, such as communication, money handling, organising, events, pool tournaments or working in the cafes.



If you feel that you would like to try volunteering then please contact Mel McClure at Brighter Futures.

Clubhouse Stories

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

This Month We Have Adam

Hello, I've been accessing the clubhouse network for about a year and three quarters now. I first found out about Brighter Futures after being told by my psychologist about the things they do to help people in the community who suffer from various mental health issues and that's what I felt I was going through at the time and still struggle with on a daily basis now.

Now time to tell you a bit about myself, when i was just 9 I was scouted by Stoke City to join their academy, I spent a couple of years at Stoke until the age of eleven when I was released, being told I was too small to make it as a professional footballer. After leaving Stoke i then had the chance to join

Blackpool who I jumped at the chance to sign for, I thoroughly enjoyed my time playing for the Tangerines and had a largely successful time In the North West playing for the side from Lancashire until the injuries came. In early 2013 when I was only fourteen I suffered a serious double leg fracture and Ankle Ligament Damage. That knocked my confidence a lot but after a grueling eight months out injured I managed to get back to full fitness and got back playing matches, then after only three games back i felt a tear in my knee which I didn't think anything of at the time but the pain got worse and it was confirmed that I had damaged ligaments again; this time in my right knee, that meant another long spell out on the sidelines, which resulted in me being released from Blackpool in 2014 which was a low point in my life.

I then had to build my fitness up once more and try to get back to the standard i was playing at before the injuries happened. In October 2014 i signed for Blackpool's fierce rivals Fleetwood Town which didn't go down well with my circle of friends but I felt like it was the best thing to do to try and resurrect my football career. Unfortunately in 2015 aged just seventeen I was medically advised to announce my premature retirement and put an end to my dream of being a

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



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

Volunteering

There are many different volunteering opportunities within the Clubhouse Network.



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footballer due to the serious Injuries I had suffered in the past and due to the fact that my legs probably wouldn't be able to handle the severe pressures of training everyday and if I carried on I would probably eventually do more damage to my ligaments and that could result in loss of mobility in my legs as I got older, on the 26th December 2015.

I made what's probably going to be my last competitive football appearance in a 2-0 final win over Burton Albion which was an emotional moment for me as the manager gave me the captain's armband as a tribute because he knew it would be my last ever game in the famous Cod Army Colours.

Football is still my passion to this day though, and will probably always be throughout my life, Being born in Chesterfield I do however support Derby County for my sins so feel free to give me friendly grief if you ever see us lose a game. I also keep an eye out for Chesterfield FC with them being my local club. It will be amazing to see them back in the league but somehow I don't see that happening.

Anyway I've dragged this on too long now and most of you have gotten bored reading all about me.

If you see me feel free to say hello and come have a chat as I'm always willing to talk even though some people say I never stop but hey ho we all love talking at times.

Adam

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



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

Local History
Potteries Riots 1842

Predominantly centred on Hanley and Burslem, in what is now Stoke-on-Trent, the 1842 Pottery Riots took place in the midst of the 1842 General Strike, and both are credited with helping to forge trade unionism and direct action as a powerful tool in British industrial relations.

The riots took place against the back drop of the 1842 General Strike, started by colliers in and around the Potteries, and part of the popular working class Chartist movement.

The spark that lit both the General Strike and Pottery Riots was the decision, in early June 1842, by W.H. Sparrow, a Longton coal mine owner, to disregard the law and fail to give the statutory fortnight's notice before imposing a hefty pay reduction of almost a shilling a day on his workers. The men went on strike and soon surrounding colliery workers began showing support. The strike cause was championed by Chartists, who called for a General Strike across the Potteries. Indeed, by the end



of July strikes were endemic across north Staffordshire and were spreading, notably in south east Lancashire.

As the strike spread it gained the attention of the Chartist movement. On 13th August prominent Chartist orator Thomas Cooper arrived in Hanley and was given lodgings by coffee shop owner Jeremiah Yates. On Monday 15th August 1842, Thomas Cooper, gave a speech at Crown Bank in Hanley, decreeing: "that all labour cease until the People's Charter becomes the law of the land."



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Later on the 16th, Thomas Powys, a Burslem magistrate and Deputy Lord Lieutenant of the county, ordered troops to fire on a procession of strikers in Burslem Square and read out the Riot Act. Four to Five thousand protestors marched with a band from Leek to join the local people in Burslem. The marchers arrived and began to stone the dragoons. Powys then ordered troops, based at the Leopard Inn, to fire on the strikers in Burslem Square.



During the riot Josiah Heapy, was killed and many more men and women were wounded. Heapy was nineteen years old and born in Quarnford, Staffordshire. He was an orphan. His mother had died when he was 3 years old and his father when he was 11 years old. He moved to Leek and worked as a shoe maker. Heapy was shot in the head in front of the "Big House" on Moorland Road and died instantly. Josiah Heapy's funeral was arranged at St. Edward's, Leek on 18th August and apparently led to no disorder. Although there has been local speculation, the

location of his grave has not been found. A verdict of Justifiable Homicide was given. A total of 274 people were brought to trial in the special assizes that followed, of whom 146 were sent to prison and 54 were transported (to Australia). By the end of 1842 the County Police Force had been established and the first Chief Constable appointed.

This did not dent the popularity of trade unionism though. The Miners' Association of Great Britain and Ireland was formally established on 7th November 1842. The United Branches of Operative Potters (UBOP) was born on 6th September 1843. On 28th April 2018 a plaque was unveiled in Swan Square, Burslem in honour of Josiah Heapy.

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.

Childhood memories

I stood by the counter trying to remember the names,
it was part of the usual mind games.
I wanted to make an impression for these aims, to keep up with a Wishlist like my friends,
And ask for something that used up the spends.
I looked at them and embarrassed as I was,
I was completely at a loss.
Financially too, because those

that I did remember,
Were all too much when I thought of a Christmas list like in December.
Being all showing my age i reached for my pension bag and paid for three;
That was only that recollected by me at all: my memory is like a child's and always will be.

Malcolm

Jokes

This month we have some more rib-ticklers that will have you guffawing like a character from the Beano.

A computer once beat me at chess but it was no match for me at kickboxing.

Did you hear about the explosion at a French cheese factory?

De-brie everywhere.

Bonnie Prince Charlie was the only man named after three sheep dogs.

We all know Albert was a genius but his brother Frank was just a monster.

I've just got a microwave bed – you can get eight hours sleep in twenty minutes.

My neighbours have just had a baby girl and they wanted to call her something original. So I suggested Werthers.

I used to have a girlfriend called Loraine but now I have a new girl called Clare Lee. I can see Clare Lee now Loraine has gone.



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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.

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.



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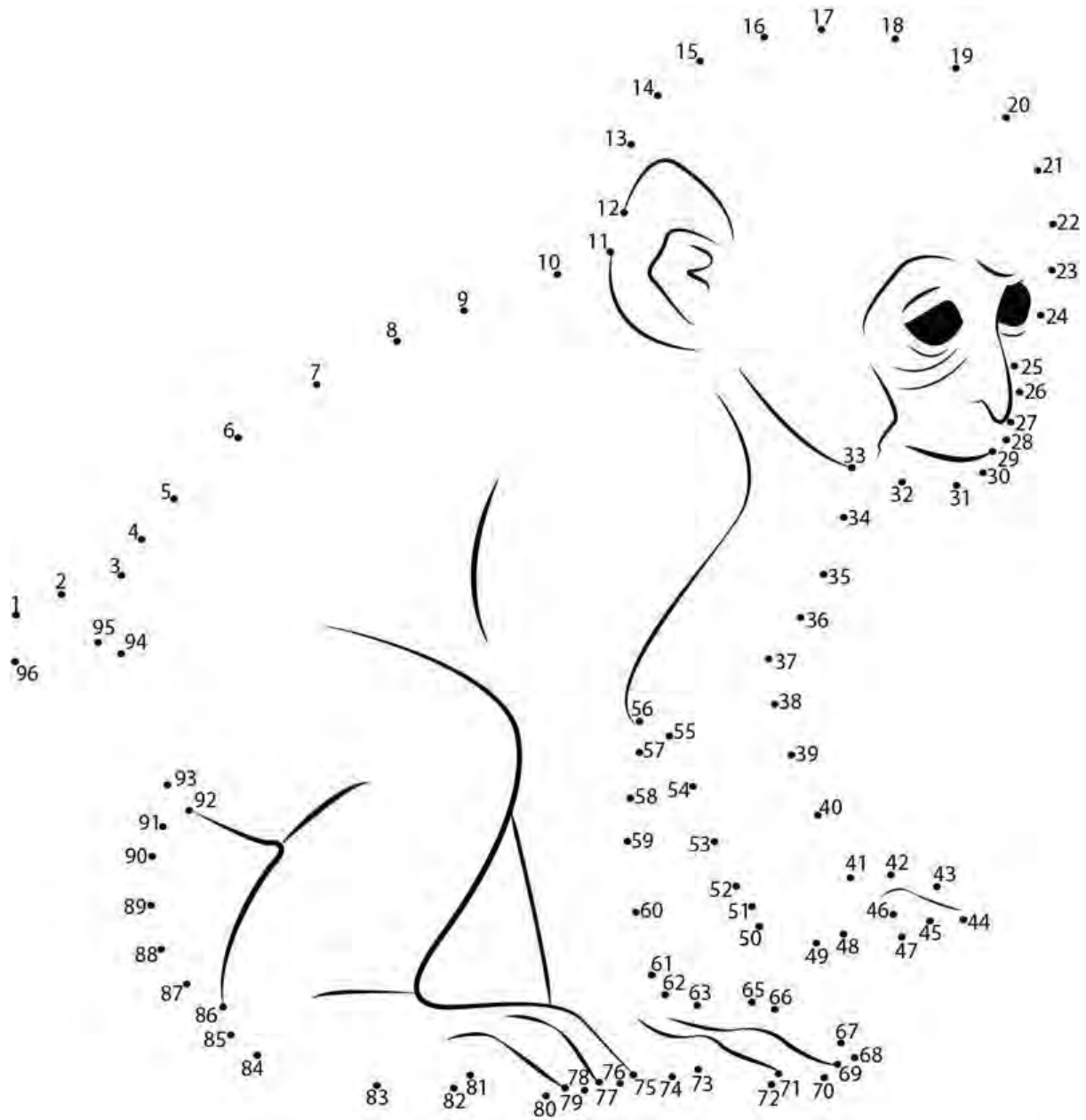


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Express your Artistic Side, Try out this Dot-to-Dot



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Mindful Colouring

Express yourself in colour with this mindfulness colouring picture.
Colour this in and we will publish the ones we like in the Newsletter.



brighter futures

creative support, housing and employment