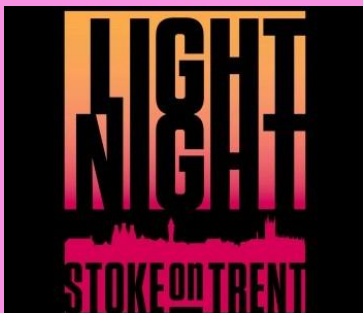


Hello everyone, this is the twentieth edition of the Clubhouse Network Newsletter made by volunteers and customers of the Clubhouse Community. Thanks to everyone who made contributions to this issue. We welcome any articles or ideas from Clubhouse customers.



Sense of Unity by Dundu and Worldbeaters

Light Night by Appetite in partnership with Stoke-on-Trent City Council and the Cultural Forum lit up Burslem like never before.

The many acts, projections on to buildings and a fascinating soundscape created an enthralling multi-sensory display which was very much enjoyed by Clubhouse members.

Sense of Unity with the giant puppets Dundu and baby Dundu featured world inspired rhythms and was wildly popular.



Ghosts of the Leopard

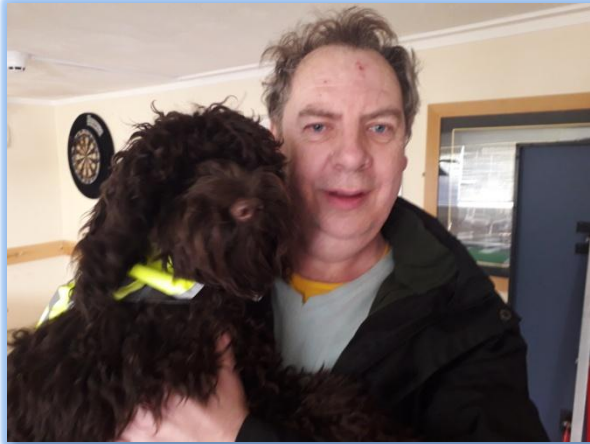


Phil S, Phil B and Howard
having a great time



Recovery Assistance Dogs

Here Dave talks about his assistance dog Lucky.



Dave with his new assistance dog

My name is David and I have been coming to the American Clubhouse for four years. I have recently had a cockerpoo puppy called Lucky. Lucky is now seven months old and is a proper little ball of fun. I had Lucky to help me go to new places because I get anxious. I take Lucky to Leicester to do his special puppy training so he can become a mental health assistance dog. He already wears a jacket to say he is a dog in training. I already feel better going to new places when I have him with me. It is a big commitment having a puppy and it is hard work. It is also a big financial commitment which all has to be taken into account before having a puppy. If you would like any information about Recovery Assistance Dogs; on the web go to: recoveryassistancedogs.org.uk/

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 Howard or Mark. You can also send a request with 'subscribe' as the subject to news@brighter-futures.org.uk to be put on our emailing list.

Have fun with this Sudoku Puzzle!

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

(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


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Clubhouse Network

Gardening Group at
The American Clubhouse.

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




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Your monthly Newsletter is created by:

Assoc. Copywriter, Photographer: Charlotte Booth
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


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Aged 35+? Play Football Thursdays
6:00pm – 7:00pm
YMCA Hanley



Sewing Group



Would you like to learn to sew or how to make alterations to clothes? In the sewing group you can learn all sorts of skills and techniques.

Tuesday
10:00 - 3:30
In the
Conservatory



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

The Clubhouse Network 2019 Calendar



SOLD OUT

Thanks to everyone who bought a calendar.
Look out for the 2020 Issue next December.



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Clubhouse Recovery Network Activity Timetable Feb 2019

Location: Meir Community Education Centre, Pickford Place, Meir, ST3 7DY

DROP IN 11am-4pm; Tuesdays and Thursdays - social time and activities.

For booking or information contact Sara Thomas m: 07824 638088 or Anne m: 07824 326498

Date	Café Area 11am to 4pm	Community Hall	Other Room
Tuesday 5 Feb	Social and activities including knitting and crocheting. 12 -1.00pm - Light lunch (small charge).		
Thursday 7 Feb	Social and activities including making model aeroplanes. 12 -1.00pm - Light lunch (small charge).	1.30-2.30pm Yoga (£1.50)	
Tuesday 12 Feb	Social and activities including making cards. 12 -1.00pm - Light lunch (small charge).	1.30-2.30pm Bingo (30p a ticket)	
Thursday 14 Feb	Social and activities 11- 12 AND 1.30-3.30pm	12-1.30pm Community Meal	1-2.30pm Customer Focus Group Share your thoughts and ideas about the drop in Room: IT Suite
Half Term Tuesday 19 Feb	Social and activities including making cross stitch. 12 -1.00pm - Light lunch (small charge).	12-3.00pm Film afternoon Popcorn and snacks. Family film and a sing-a-long.	11.00am -1.00pm Quiet Zone Room: IT Suite
Half Term Thursday 21 Feb Half Term	Social and activities including mindfulness. 12 -1.00pm - Light lunch (small charge).	12-3.00pm Half Term Fun Food provided Face Painting, balloon modelling and more.	10.00am -12.00pm Cooking (Booking required) 11.00am -1.00pm Quiet Zone Room: IT Suite
Tuesday 24 Feb	Social and activities including making model aeroplanes. 12 -1.00pm - Light lunch (small charge).		1.00-3.00pm Wellbeing Sessions Small meeting Room Booking required
Thursday 26 Feb	Social and activities including jigsaws and boardgames. 12 -1.00pm Light lunch	1-3.00pm Line Dancing Come and have a go. Aimed at beginners. All ages welcome.	11.00am -1.30pm Macrame /Art Group Relax and learn to make craft projects through tying knots Room: IT Suite



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Clubhouse Recovery Network Activity Timetable March 2019

Location: Meir Community Education Centre, Pickford Place, Meir, ST3 7DY

DROP IN 11am-4pm; Tuesdays and Thursdays - social time and activities.

For booking or information contact Sara Thomas m: 07824 638088 or Anne m: 07824 326498

Date	Café Area 11am to 4pm	Community Hall	Other Room
Tues 5 March	Social and activities including making bath bombs. 12 -1.00pm - Light lunch (small charge).		1-3.00pm Wellbeing Sessions Manage anxiety and improve your mental wellbeing Room 6: small meeting room Booking required
Thursday 7 March	Social and activities including making cross stitch. 12 -1.00pm - Light lunch (small charge).		11.00am - 1.30pm Macrame /Art Group Relax and learn to make craft projects through tying knots
Tuesday 12 March	Social and activities including making model candle making. 12 -1.00pm - Light lunch (small charge)		1- 3.00pm Wellbeing Sessions Small meeting Room Booking required
Thursday 14 March	Social and activities including mindfulness colouring. 12 -1.00pm - Light lunch (small charge)	1.30-2.30pm Yoga (small charge)	10.00am -12.00pm Cooking : Training Kitchen Booking required 11.00am -1.00pm Art Group (no need to book) Room: IT Suite
Tuesday 19 March	Social and activities including card making. 12 -1.00pm - Light lunch (small charge).	1.30-2.30pm Prize Bingo (30p a ticket)	
Thursday 21 March	Social and activities including making model aeroplanes. 12 -1.00pm - Light lunch .	1.00-3.00pm Celtic Dancing Have a go at some old-style dancing	10am – 12:00 pm Cooking Class Training Kitchen 11am -1.00pm Art Group Room: IT Suite
Tuesday 26 March	Social and activities including clay modelling. 12 -1.00pm - Light lunch (small charge)		
Thursday 28 March	Social and activities 11- 12 AND 1.30-3.30pm	12.00-1.30pm Community Meal	10.00am -12.00 Cooking class Try some new ideas and sample Room: Training Kitchen 1.00pm-2.30pm Customer Focus Group : Share your thoughts and ideas about the activities Room: IT Suite

PLEASE NOTE: Timetable may be subject to change.



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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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What is Clubhouse?

Volunteering Recovery Creative Writing
Horse Riding Games Scrabble Friendship
Support Calendar Fun Safety
Craft Social Pop-Up Meir Computers
Recording Studios Quiz Improved Community Walks
Barbeque Mental Health twentyfourSEVEN
Wellbeing Community Events
Football PEOPLE
Poetry Self Esteem Internet
Halloween Party Music Quiet
The Observatory Pool Natter Learning
Model Making The American Games Knitting
Colouring Art Raffles Gardening
IT Help Crochet Newsletter
Respect Photography Play Instruments
Laughter Celebrate Weaving Sewing
Independence Day



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Make and Model

Join in the Make and Model group at the **American Clubhouse**



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Make whatever you like, whether it is model aeroplanes, model rail or any other maker projects you have.
Friday from 10:00am to 2:00pm

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



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 our

NEW EMAIL ADDRESS

news@brighter-futures.org.uk

Or give your email address to, Howard or Mark

The Clubhouse Network

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



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Arts

&

Crafts

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.



Flowers by the craft group



Martin's box for remotes made in the make and model group



Our stories: an inspiring e-book

This e-book features real-life stories from Brighter Futures' customers, told in their own words. Read about their life-changing experiences with their mental health and what helped them through.



Scan the QR code above or use this web Address to read the eBook:
https://issuu.com/brighter-futures/docs/brighter_futures_e-book__1_?e=36298161/67383426



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BRIGHTER FUTURES

The Clubhouse Network

2017 /2018

 **ALMOST**
22,000
MEMBER VISITS
TO OUR CLUBHOUSE NETWORK
IN 12 MONTHS

345 
CUSTOMERS
SUPPORTED

 **MORE THAN**
3,400
NON-MEMBER VISITS
TO OUR CLUBHOUSE NETWORK

 The American  twentyfourSEVEN
 The Observatory

97%



OF CUSTOMERS
TOOK PART IN
PHYSICAL
ACTIVITY

89%



OF CUSTOMERS
HAD PERSONAL
SUPPORT PLANS

260

RECEIVED
HEALTH SCREENING
AND ADVICE



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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 February 6th, 2019
4.30pm till 6.00pm

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 will be many day trips
throughout 2019. Go along on
an outing, you will have a great
time. See Howard or Gary for
latest details.

Pool Tournament

Every Monday at the American
Clubhouse there is a pool
tournament that is open to all
members. 12:30pm onwards.

Football

If you are thirty five and above
and would like to play regular
football then there is a weekly
group run by Stoke-on-Trent
Council on Thursdays at the
YMCA (Hanley) 6:00pm-7:00pm.

Task Group

Task Group takes place
fortnightly at the American.
Come along and help shape
Clubhouse activities.
Discuss, gardening, Newsletter,
events to attend with our
publicity stand and more.

Community Walks

Come along on a gentle walk
from The American. Starting
Wednesday 13th February there
will be a walk every fortnight.

Talk To Us!

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

Raffles

Can members please make
suggestions for what they
would like to see as prizes for
the raffles?



Give your ideas to Jean.



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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/>

Clubhouse Stories

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

This Month We Have Charlotte

In 2017 it took a lot of persuasion
to rejoin the American which I

don't regret doing. It started
with my support worker from
Brighter Futures who was my
home support worker at the
time bringing me down a few
times till I got used to it.



Charlotte

Once I managed going myself I
had to fill in a member's form
and you are assigned a support
worker at the Clubhouse. I
started bringing my colouring
stuff and sat in the corner
colouring, 'til one day my
support worker introduced me
to a member who later became
my best friend. I got other
members into colouring. Then I
ended up doing a 5D Diamond
Painting which I got other
members into doing as well. I
did an American Bald Eagle and
got it ready just before
Independence Day and donated
it to the Clubhouse. To this day
it still amazes me. Independence
Day in 2017 when I suddenly
started dressing up as the statue
of Liberty. At Christmas I dressed
up as an Elf. So, I have also
dressed up as Uncle Sam, a
snowman and a snowdog which
I used as a costume to do an Elf
walk. I dressed as Cousin It
from the Addams Family for the
Halloween Party at

twentyfourSEVEN. I don't
know why I started dressing
up but it is something I enjoy.
If you don't have any
confidence before now,
dress-up and trust me you
will soon pick up some.

I soon started volunteering. I
used to make the members
packs up but now I do the
registers which is a challenge
but with enjoyment and
reward at the same time. It is
a pleasure to volunteer at
such a great place where you
are supported. The staff are
amazing and very supportive
and definitely have patience.
All the staff are truly amazing
if I have an absence seizure
they make sure I am alright.

This Month's Recipe

We hope you had a go at
making the Coffee and
Walnut cake in issue #19 of
the Newsletter. Here is
another easy to make and
very tasty recipe Mushroom
and chickpea balti.



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.



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Spices

Option A

1tsp paprika

Option B

3 tsp curry powder

Option C

1 tsp curry powder

2 tsp ground cumin

1 tsp ground coriander

1/2 tsp garam masala

Ingredients

1 tblspn oil (groundnut or sunflower)

2 large onions cut into 1/2 then cut each half into 1/4s

5 cloves garlic, finely chopped

2cm fresh ginger, finely chopped

1 small tin chopped tomatoes

1 tin chick peas drained

1 medium sized punnet of mushrooms, sliced

Fresh coriander leaves roughly chopped

Rice or naan bread to serve



A Winter Warmer

Method

In a deep pan or wok, with half the oil, fry half the onion until it is softened. Add the garlic and ginger and fry for another minute. Add the (Option A) paprika if using. Fry for another minute. Add the chopped tomatoes and stir. Add hot water till the ingredients are just covered. Bring to the boil and

then simmer for ten minutes. Add a little more water if necessary. Next remove the pan from the heat and allow sauce to cool for a few minutes. Pour the mix into a blender or food processor and blend until smooth. In the pan add the remaining oil and heat through. Add the (Option B or Option C) spices and fry for a minute. Now add the sauce back to the pan. Add the chick peas and mushrooms. Bring to the boil and then simmer gently for twenty minutes. Add more water if necessary. Serve with rice and/or naan and a little coriander leaf sprinkled on the curry.

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.

New Groups at the American Clubhouse

Make and Model 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 is on Friday 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 is on Tuesday from 10:00am to 3:30pm. For more information speak to a member of the team.

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.

Regarding the referral Process ask a Clubhouse Support Worker or speak to a member of the team on **01782 811815**.



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Or on the Web:



Safe Spaces QR Code. Or use:
<http://www.brighter-futures.org.uk/safe-spaces>

Pets' World: Jasper

For those who know me they know I have a wonderful and beautiful dog called Jasper.

I have had Jasper for four and a half years. I adopted him from City Dogs Home when he was twelve weeks old. He had been left in a box with his brother in a doorway. (I'm glad to say his brother found a home too.)

I remember taking Jasper home and introducing him to the family who to say were a little surprised would be an understatement.

Jasper was very sad he didn't know how to play and got very stressed if you shut the door on him. You could say he was depressed.

Over the next few weeks we played with him and encouraged him to play with toys and other dogs. Jasper's confidence was beginning to grow and we could see signs of a mischievous puppy emerging.

Then it all happened...

like switching on a light switch you could almost see the look in Jasper's eyes change.

His tail wagged and his eyes were

bright... trouble was on its way. Until this moment Jasper had been quiet and not interested in anything, oh boy did this change.

In the space of a weekend he ate two remote controls (to my husband's horror), a frozen raw turkey joint and enough Lego to poop the Starship Enterprise. Our quite sad puppy was no longer sad, he was trouble (but very cute).



Jasper

The trouble didn't stop there, over the following weeks Jasper ate his way through shoes, coal, nerf guns (not to mention bullets) birthday cake, oh yes the birthday cake, my birthday cake. Not only did he climb on the work surface he ate the cake and box then due to the additives sprayed the garden with poo and dug all my new bedding plants up. It was at this point the cuteness was wearing off. I had a hole in the kitchen floor, no T.V. remote and my shoe collection was being rapidly depleted.

Jasper was growing fast, gangly

legs and floppy ears with the most loving eyes, how could I not forgive him for anything. As time went on Jasper stopped eating my shoes but continued to pinch food which brings me to Christmas Day. As everyone was busy opening presents, Jasper was getting very excited, and he too had presents to open. He had lots of squeaky toys chewy sticks and treats galore. In our haste to eat breakfast we left a chocolate orange on the coffee table along with a giant chocolate bar. To my horror I came in to find the chocolate orange had gone and he was mid-way through eating the chocolate bar. I was angry but I was so worried that he would make himself poorly I was straight on to Google. To say I was mad was an understatement. As a result Jasper had no Christmas dinner!



New Year's day I was cleaning under the T.V. table where to my horror I found the chocolate orange in the foil wrapper. It was obvious it had rolled under the T.V. and he couldn't reach it. Well I felt so guilty that he had missed out on Christmas Dinner that I went straight to the kitchen and cooked him five sausages. The moral of



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the story: To clean under the T.V. unit more often.

My lovely Jasper continues to get up to mischief on a daily basis, like today, drinking my cup of coffee.

Would I change him? Not a chance. Jasper is a valued member of our family who we think the world of and who is spoilt rotten.



Jasper has definitely landed on all four paws.

Helen

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 Rachel from the Echo service. A service for people who have or think of self harming.

Rachel

Rachel joined Brighter Futures in 2011 and spent the first six years at Chepstow House. Moving to the American in 2017 she is now a support worker for Echo. On Mondays and Tuesdays she runs group workshop and on

Wednesdays she supports a drop-in group at Newcastle Fire Station. On Thursdays there is an Echo drop-in at Furlong Court. Finally on Friday, she helps at the Swanbank art group (run by Chris Oldham).



Rachel

Before working at Brighter Futures, Rachel spent four years in a bridal shop and four years as a florist.

Rachel loves animals and at the moment she has two rats and two cats that have to be kept apart.

Her children, both girls keep her busy. Her hobbies include painting, knitting and reading; mainly horror. Her favourite author being James Herbert.

Rachel likes T.V. soaps and Emmerdale and Coronation Street are the ones she watches most. She likes all types of music and has recently purchased a ukulele and is now having great fun trying to play it.

When it comes to films the two she has enjoyed the most are Titanic and Watership Down.

Rachel loves camping in all

weathers, though her family are never as keen.

Her dream is to one day own a Camper Van. Anglesey would be her favourite drive, but she would enjoy the freedom of driving anywhere. Rachel enjoys her role as she is passionate about people and likes to bring out their potential.

Finally she loves working with members and staff and hopes to be here for many years.

Student Stories

Our occasional series on students who are working for Brighter Futures on their placements continues with Linda.



Linda

Linda is studying for a three year degree in social work and is currently on the 2nd year.

Linda began her placement on 18th Jan for a three month period at twentyfourSEVEN and completed the placement in the middle of January. Working at



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twentyfourSEVEN Linda has found every day different, learning something new each day from the members. The experience has helped Linda to grow as a person and to learn more about herself and grow as a professional.

She has found all the Clubhouse members to be lovely and very welcoming even on her first day. In the future Linda would like to work with young adults, when her course is over. Most of Linda's 'leisure' time is spent up with new studies.

Depending on her mood Linda likes music from classical to afro-beats. She also likes psychological type programmes on netflix.

Linda has given us this message to all Brighter Futures staff and members:

I would like to thank you all for being so kind, so welcoming and so accepting of me throughout my time here. You are all truly amazing and I have really learnt a lot from each of you whether you realise it or not each and every one of you has had an impact on my development both as a person and as a young professional. So again, thank you. Now signing out for the last time.
Linda (The other student)

City Places To Visit

This month we visit 17th century pile Ford Green Hall near Smallthorne.

The hall is thought to have been built in 1624 for Hugh Ford a local farmer. The hall remained in the Ford family for some two-

hundred years.



Ford Green Hall

A brickwork extension was added to the property sometime in the 17th century.

The Fords had left the area by the late 19th century and it was split into three separate dwellings. The property was purchased by Stoke-on-Trent City Council in 1956 and after restoration, opened as a museum in 1952.

The Hall has been furnished as a 17th century Yeoman farmer's house. The museum includes a number of original textiles, ceramics and pieces of furniture, as well as some reproductions.



The Slumberland of its day

Following budget cutbacks by the City Council the hall was faced with closure in 2011. However in 2014 a deal was finalized to pass the management over to Ford Green Hall Ltd; a charitable organization led by local volunteers.

The museum's collection is designated, 'outstanding' by the

Arts Council England, who recognize it is as of world class importance.

Although only a small dwelling there is still plenty to see on the building's two floors. Each room is furnished in the original historical period, adding to the interest and atmosphere



A well provisioned kitchen

On our visit we came across a ladies knitting group who meet there every Thursday. Other events take place throughout the year including ghost hunts and craft fairs. It is also available as a wedding venue. There is a small tea room by the entrance and parking is free.

The outside garden area has to be viewed from Spring onwards, to see it at its best.

We enjoyed our visit and if you spent time in the café you would probably need about one and a half hours to take in everything the hall has to offer

Cost: Adults £3.50, Child £2.50, Concessions £2.50.



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twentyfourSEVEN

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



12:00pm till 2:00pm at
twentyfourSEVEN

Karaoke

The Karaoke Nights at **twentyfourSEVEN** are great fun! All Clubhouse members are very welcome.



Don't worry you do not have to sing, just go along and enjoy listening to the tunes.

This takes place on the first Wednesday of every month from 4:30pm till 7:30pm.

Sunday Lunch

Did you know you can get a delicious Sunday lunch at **twentyfourSEVEN**

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

The cost is £4.25 with proceeds going back into the Catering Network.

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

Our own worst enemy cannot harm us as much as our unwise thoughts.

No one can help us as much as our own compassionate thoughts.

Buddha

If in our daily life we can smile, if we can be peaceful and happy, not only we, but everyone will profit from it. This is the most basic kind of peace work.

Thich Nhat Hanh

What you do is important, because you are exchanging a day of your life for it.

Anon

Album Of The Month

This month **Music Man** reviews: *A Brief Inquiry Into Online Relationships* by The 1975.

The 1975 were formed at Wilmslow high school in 2002.

It didn't do the band any harm that lead singer *Matty Healy* is the son of actors *Denise Welch* and *Tim Healy*. Their debut album simply called *The 1975* spawned the single *Chocolate* and was well received by the critics. In 2016 they released *I like it when you sleep, for you are so beautiful, yet so unaware of it*. They struck gold with this as it topped the charts here and in the United States.

A couple of months ago the third album continued the rather unnecessary trend for long titles with this one being called *A brief inquiry into online relationships*.



An unusual album cover. Maybe they ran out of ink?

Lead single *Give Yourself a try* is a lively opener and rather bizarrely, veteran Hollywood actor *Jeff Goldblum* has tweeted the boys to say that he loves the song.

Too Time is another upbeat number and would sound good live.

How to draw/Petrichor is an interesting two-parter, firstly starting with slow distorted vocals before moving on to



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Petrichor and a frantic disco type beat. Track five *Love it if we made it* with its shouty vocal is another good song.

Ballad *Be my mistake* is a gentle guitar number.

The band use jazzy brass to good effect on *Sincerity is Scary*.

By far the strangest track is *The man who married a robot/Love theme* with just a spoken vocal and piano.

Inside your mind is a catchy brooding ballad.

It's not living (if it's not with you) could be a future single.

Mine and *I couldn't be more in love* are gentle love songs and will no doubt please the hordes of female fans who follow the band.

Speaking of which, the band are now on tour, if you can get a ticket be prepared for lots of screaming.

Music Man



A few months ago, editor Mark and I were talking about favourite T.V. shows from years ago. We both had fond memories of 'Press Gang' a programme where school kids unite to produce a newspaper, 'The Junior Gazette'.

We both smiled saying in a way we are now producing our own 'Gazette' with the 'Clubhouse Newsletter'.

The story of 'Press Gang' had an interesting beginning. Older

readers may recall a religious programme called 'Highway'. The presenter was a Welsh comedian, 'Harry Secombe'. Every Sunday he would travel to places in the British Isles, to meet the locals for hymns and worship.



During a visit to a school in Scotland, headmaster Bill Moffat said that his son, Stephen had written a pilot episode to be called 'Press Gang'. The producer of 'Highway' said that on his return to Central T.V. he was quite happy to show them the script but could make no promises especially as Stephen was an unknown writer. A top executive after a read through knew they had struck gold. Going so far to say that for a first script it was the best he had ever seen.

A talented cast was soon assembled; the two leads going to Julia Sawalha as Lynda and Dexter Fletcher as Spike.

Billed as a comedy drama it soon became a must watch show for children and adults alike.

Its forty three episodes were shown from 1989 to 1993. On its conclusion the British Film Institute called it the best children's show ever made.

Several things led to the show's success. It was very fast paced and full of witty one-liners, also viewers were hooked on the love-hate relationship between Spike and Lynda. Incidentally the two actors became a couple and lived together for several years.

Without preaching to its audience the programmer covered serious topics including drug and alcohol abuse.

Steven Moffat (O.B.E.) would go on to write 'Joking Apart', 'Coupling', 'Chalk', and as showrunner, writer and executive producer of British television series *Doctor Who* and *Sherlock*.

Dexter Fletcher's credits include *Lock, Stock and Two Smoking Barrels* and T.V. comedy-drama *Hotel Babylon*. In recent years he has become a director with *Eddie the Eagle* (2016) and the acclaimed film *Bohemian Rhapsody* (2018) in his locker. *Julia Sawalha*, is probably best remembered for her role as *Saffron* in *Absolutely Fabulous* although other credits include roles in T.V. dramas *Jonathon Creek*, *Lark Rise to Candleford* and *Jane Austen's Pride and Prejudice*. When she was asked about her first acting role as the feisty Lynda in *Pressgang* she told the interviewer of all the roles she has portrayed *Lynda* was the closest to her own personality.

Clark Kent



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Mike Moors

Garden

HOMEbase

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

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 Bob.

Bob

Coming from a background of Special Educational needs and support work in children's homes, I hoped that my background would compliment the new role in Brighter Futures, bound in Ixion's Connecting Choices Programme.

Ixion, a company inspired by the likes of 'The Shaw Trust', saw opportunities from funds contained by the European Social Fund and The Big Lottery fund to improve opportunities of employability for those most in need of positive influence and new and desirable skills.

Ixion co-opted 9 'End-to-End'

scheme providers who could offer a comprehensive set of opportunities focussing sometimes on specific members of the community.

YMCA offered experience with youth and beyond with knowledge and facilities to engage and educate, Stoke on Trent council with the amenities and skill base to outsource and educate. Mencap with their understanding of mental health and its potential boundaries. Groundwork offering opportunities from its Burslem base, PM Training utilising its links with Aspire Housing, RAD with the expertise with those with auditory impairments, Addaction for those people seeking help with those choosing help for addictions, Sova and Saltbox offering help for those who may have encountered the criminal justice system. In addition, there are three specialist providers of which Brighter Futures is one.

Brighter Futures offer help with basic computing, financial awareness and good practices and support with debt.

I am a huge fan of comedy and humour. With inspiration from wordsmiths the like of Les Dawson and the bizarre and educated wit of Monty Python and Baddiel and Newman.

Having experienced many difficulties in life, I try to utilise my experience, humour and empathy in engaging participants in the scheme. Faith and trust in me is the first steps in embracing new or difficult topics. My faith in anyone accessing the scheme is hopefully refreshing for many and a natural aid in a positive and professional relationship.

My role is in group training for Computing and Financial inclusion and 1:1 in the same fields.

One of the most important parts of my role is to bolster the confidence of anyone referred into the scheme. Empowering them to explore perceived barriers. Taking tiny steps with constant positive reinforcement and praise when appropriate.

Many have exited the scheme with new skills or confidence. Losing fear of accessing a public access computer, responding to emails, uploading and downloading documents.

People opening mail which they had dreaded previously with the knowledge that communication can be a key in facing up to and dealing with debt and sharing common practices



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with others to make the best use of limited money. My joy and reason behind doing my job is seeing improvement in the self-worth, confidence and skills learned of those accessing the scheme and in addition, the opportunities and doors opening following accessing Connecting Choices as a whole.

Find Brighter Futures on Social Media



facebook.com/
brighterfuturesNW/



@BFNW

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.

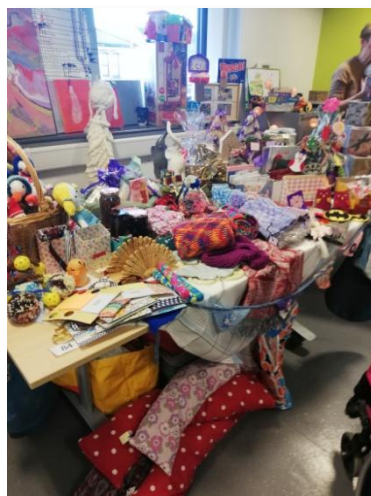


If you feel that you would like to try volunteering then please contact Mel McClure at Brighter Futures.

ECHO had a stand for the Table Top Sale at Hanley Fire Station

On Sunday 9th December 2018 ECHO held its first table top sale to raise funds for craft activities.

We felt it was a great success and the total raised on the day was £79.20 and additional funds were raised after the day which brings the total to £126.70.



Plenty of things for sale

This would have never been achieved without the ECHO members who made craft items to sell and donated items, so a big thank you to all who did. I have to say that our table was overflowing and the quality of

our goods for sale were on a par with the professional stall holders who do this for a living.



Lou, Becky, Sophie and Phil

I would also like to say a big thank you to ECHO members Philip, Sophie, Louise, Becky and Karen for their help on the big day. It was a great show of dedication for the service.



Colourful Items Crowded the Stall

Finally I would like to say Thank you to Ange the



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ECHO volunteer on Wednesdays and Thursdays for sharing your skills and motivating us to achieve this. Thank you for your support of the service and also the support you give to me. Without all of you, this table top sale would not have been possible.



Local History The Knotty

On the 21st of July 1870, John Watkin, Burslem's chief bailiff cut the first sod for the North Staffordshire Railway Company. Affectionately known as the "The Knotty".

A line was constructed which formed a loop from the main line station at Kidsgrove. The route from Hanley to Kidsgrove crossed valleys and climbed hills, meaning progress on the line was very slow. A tunnel was built to take future trains from Vale place in Hanley to Cobridge. Also in Burslem an embankment was constructed to take the track Hot Lane Brook Valley.

Then a 40' tall high wooden viaduct was built to carry it over Scotia brook into Tunstall. The stations at Hanley, Cobridge,

Burslem and Tunstall were all opened on December 1st 1873. Year later stations at Pittshill and Goldenhill were completed. The line finally opened on November 15th 1875. Five years in the making; over the next 90 years the wonderful sight of steam trains chugging around the loop line, which started at Etruria and ended at Kidsgrove was an everyday occurrence. New recruits to the knotty were joining a proud profession. Station staff, engine drivers, firemen, signalmen and other employees became company servants and rather than going to work they all went on duty, proudly wearing the company's uniform.



Bucknall and Northwood station

This included a peaked cap with the letters N.S.R. and the Staffordshire knot embroidered on to it. They were also provided with a waistcoat, pocket watch and chain, a jacket and a pair of corduroy trousers.

When darkness fell there was often a ghostly atmosphere, which was illuminated only by gas lamps and flickering coal fires, in the waiting rooms to keep travellers warm.

The early years of the line were very busy, peaking in 1937 when 40 trains a day ran between Stoke and Tunstall.

After Nationalisation smaller lines all over the country were neglected.

And by 1950 only eleven trains ran daily from Tunstall to Stoke. Sadder still in 1957 the iconic steam trains were replaced by the functional but ugly Diesel Multiple Units. In 1963 the line fell victim to the Beeching Report and 1964 saw the last ever passenger train.



Staffordshire Potter

However in 1965 there was a special treat for steam lovers, when a hired train ran for one last time on the 'Knotty' as the 'Staffordshire Potter' Service.

By now most people cared little and were travelling by bus now as large parts of the city are grid locked, especially at rush hour. I'm sure that most of us would benefit from our beloved 'Knotty' line once again.

Casey Jones

Jokes

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

Shears; cutting edge technology.

My mate said he couldn't



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spell the word Armageddon.
I told him not to worry it's not
the end of the world.

Our local dog food factory is
closing down. They've sent the
retrievers in.

I said to the baker, 'How come all
off your cakes are fifty pence and
that one's a pound?' He said,
"That's Madeira cake."

I was in Tesco's and saw a
woman and man wrapped in a
barcode. I said are you two an
item.

When I was unconscious in the
hospital my nurse played me
music as stimulation. First she
tried Justin Beiber in the hope I
might get out of bed and switch
it off.

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.

London

Living in a city that's always busy
So much so it makes me dizzy
So many people wherever I spy
As I gaze my eyes from the
London Eye
So many shops barter their trade
Brand named clothes
are ready made
From the bright lights,
clubs they shout out
This is what London is all about
From city traders to market men

They live the life they
may not have again
But further out of
the London Bubble
People find life
more of a struggle
No fancy life of sweet
champagne
Dull old life drowned in the rain
Still that's a choice you may
frown living in old
London Town

Adrian

The Darkling Thrush

I leant upon a coppice gate,
When Frost was spectre-gray,
And Winter's dregs made
desolate
The weakening eye of day.
The tangled bine-stems scored
the sky
Like strings of broken lyres,
And all mankind that haunted
nigh
Had sought their household
fires.
The land's sharp features
seemed to me
The Century's corpse outleant,
Its crypt the cloudy canopy,
The wind its death-lament.
The ancient pulse of germ and
birth
Was shrunken hard and dry,
And every spirit upon earth
Seemed fervourless as I.
At once a voice arose among
The bleak twigs overhead,
In a full-hearted evensong
Of joy illimited.
An aged thrush, frail, gaunt and
small,
With blast-beruffled plume,
Had chosen thus to fling his soul
Upon the growing gloom.

So little cause for carolings
Of such ecstatic sound
Was written on terrestrial
things
Afar or nigh around,
That I could think there
trembled through
His happy good-night air
Some blessed Hope, whereof
he knew,
And I was unaware.

Thomas Hardy

...and a little more
Light Night!



A curry with colour



Howard, Phil S,
Lou and Becky



A Sense of Unity



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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

February 2019						
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		

Observatory Timetable

Monday Women Only Service
Art and crafts, Relaxation, Bingo
10:00am – 4:00pm.

Art Workshop – 6:00pm -
8:00pm.

Tuesday Art Workshop
10:00am – 2:00pm
Massage therapies by
appointment only 12:00pm –
2:00pm.

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

Sewing Group 10:00am –
2:00pm.

Social 2:00pm – 4:00pm.

Wednesday Open 9:30am –
2:00pm.

Craft group 10:00am –
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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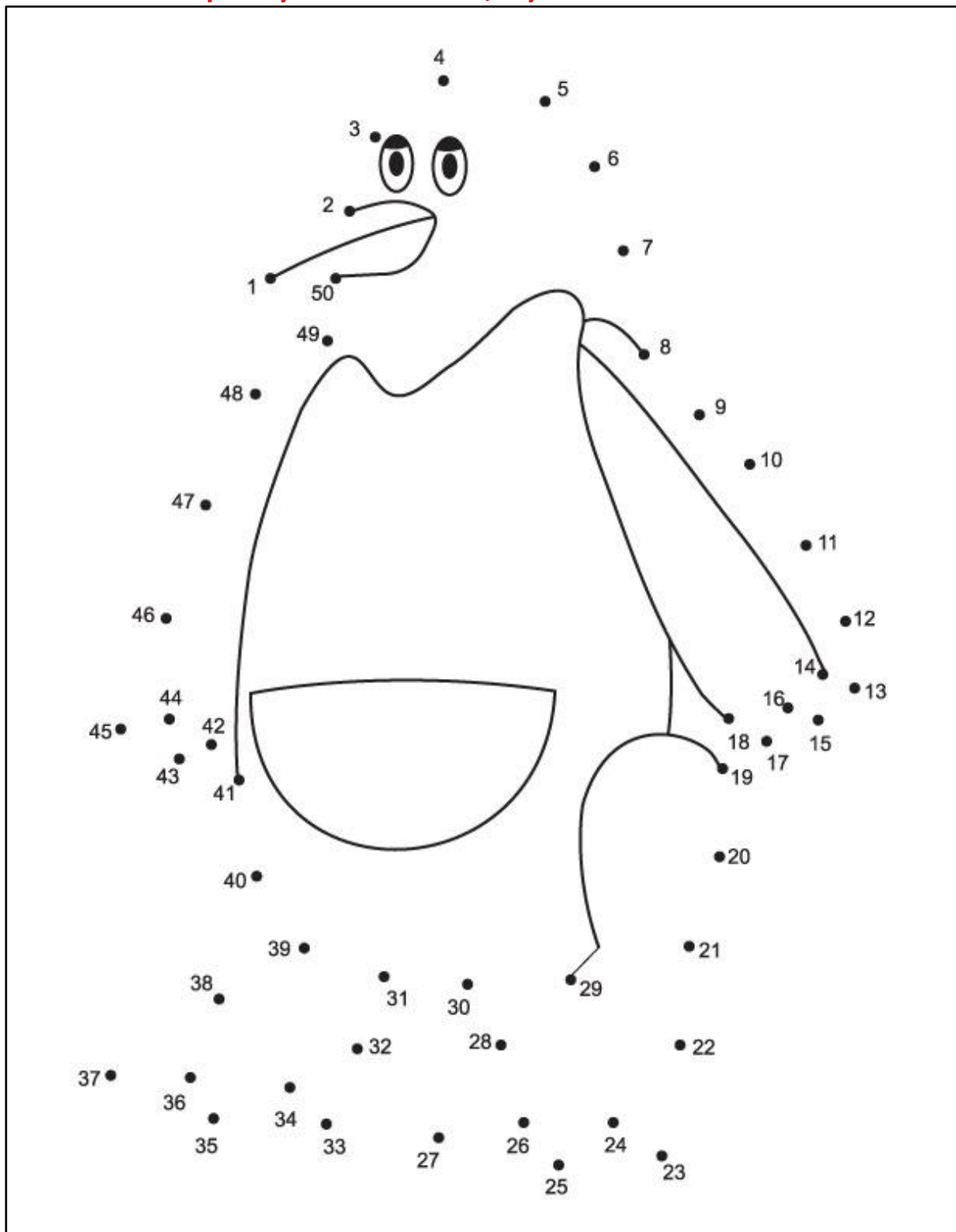


Creative



Equal

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