

28th February 2019 Issue #21

Hello everyone, this is the twenty-first 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.

Happy Chinese New Year The Year of the Pig



Dragons are of course legendary animals, but they are important to Chinese people who think of dragons as helpful, friendly creatures. They are linked to good luck, long life and wisdom. The Dragon in the dance has features of other animals such as the horns of a stag, the scales of a fish and the footpads of a tiger.

Chinese New Year celebrations took place at the City Museum and Art Gallery on 10th February. Members went along and joined in the fun. Things to enjoy included the dancing Chinese dragon, fire-crackers, traditional music, and a children's theatre.



Music, craft and mask making were being demonstrated by talented artisans and musicians.


Recovery Assistance Dogs

This month Sasha talks about her life as Vicky's assistance dog:



I am Sasha and I am a Jack Russell cross and I am nine years old. I help my owner Vicky with getting out of our home. When we are together I help my

owner to not panic going out to Clubhouse or mixing with people. My owner struggles with depression and anxiety and when together I help keep her calm. I'll soon have passed my Level 1 'paw test' so I can go to many more places. I have a new I.D. badge to be able to go shopping in the Potteries Centre.

I am regularly attending my training classes with RAD (Recovery Assistance Dog) in Leicester and I am going to be taking my bronze award soon. My best friends are Lucky, Patch and Buster. I have also made a lot of new human friends. With all my training I have helped my owner to become more confident and have better mental health and to get out more. I am very happy being with my owner, before I started my training I used to stay in a lot but now we can go out together. Woof! 

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 Clubhouses and Safes Spaces 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 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!

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

(The solution is on the Clubhouse notice boards)

The Newsletter Online

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



Use the QR code or type in this URL
<http://www.brighter-futures.org.uk/clubhouse-network-newsletter>

Photography Group

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

Colouring Group

The Colouring Group meets at the American Clubhouse (in the main room) on Thursdays 2:00pm – 4:00pm. All members are welcome.

This group is facilitated by Charlotte and Jean. Please come along and take part in this creative and relaxing activity.



Passionate



Empowering



Sustainable



Creative



Equal



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

For more information call our Echo team on 07500 444 116

www.brighter-futures.org.uk



brighter futures
creative support, housing and employment

"Echo has given me so much & I am slowly beginning to believe in myself."
- Echo customer

Clubhouse Network

Gardening Group at
The American Clubhouse.

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

brighter futures
creative support, housing and employment

Your monthly Newsletter is created by:

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 thanks to all contributing members

Worried? Stressed? Suicidal?



Staffordshire Mental Health Helpline

Free Confidential

0808 800 2234

Available to anyone aged 18 and over living in Staffordshire

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

Helplines
STANDARD

www.brighter-futures.org.uk

brighter futures
creative support, housing and employment



Passionate



Empowering



Sustainable



Creative



Equal



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.

AMERICAN CLUBHOUSE

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

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 Mental Health Community Walks
Barbeque Wellbeing Community twentyfourSEVEN
Football PEOPLE Events
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 Respect Photography Play Instruments
Laughter Celebrate Weaving Sewing
Independence Day

Can you think of any tags that could go in our tag cloud?



Passionate



Empowering



Sustainable



Creative



Equal

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.



Passionate

Empowering

Sustainable

Creative

Equal

THE DIRECTORY Places members may like to visit

Name	Where	What
Impact Boxing	Brocksford Street Fenton	Boxing fitness classes.
Root and Fruit	Trubshawe Community Allotment Burslem	Learn how to grow your own food. On Facebook at en-gb.facebook.com/trubshawcross/
Kniveden Partnership	Leek	Gardening and growing, pottery, woodwork, Jewellery and alternative therapies.
Growth Point	Shelton Allotment Site	Gardening, growing. Tutor Led
Cultural Squatters	51/53 Merrial Street Newcastle under Lyme ST5 2AH	Cafe, Table Tennis, Art. One rule. Our rule. #bekind http://culturalsquatters.uk/
Over 55 Lunch Club	Whitfield Valley Centre Whitfield Valley Centre, Fegg Hayes Road, Fegg Hayes, Stoke on Trent ST6 6QR	Are you 55 years or older? If so come and join our Luncheon Club. Monday from 1:30 pm. Activities, including gentle exercise (1:30 – 2:00 pm), followed by lunch and three games of bingo. All for £4.00 http://www.whitfieldvalleycentre.org.uk/index.html
West End Community Centre and Café	London Road, Boothon, Stoke-on-Trent ST4 5AW	Wednesday – Friday 10:00am – 2:00pm An excellent cafe with great food at great prices. Community activities. westendcommunitycentre.weebly.com/
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 change as we visit or learn about new venues and activities.



Passionate



Empowering



Sustainable



Creative



Equal

Make and Model

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



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



Passionate



Empowering



Sustainable



Creative



Equal

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

Making art and crafting are effective therapies for people with mental health difficulties and are enjoyable in their own right giving a tremendous sense of achievement when completed.



Steven with his Lancaster bomber

Steven has been attending the art group for seven years. His latest picture is of the iconic Second World War Lancaster bomber.

Steven is going to give the picture to his uncle who was in the forces.

In his time at the art group Steven has also painted a pirate ship, fire engine, the Phantom of the Opera and a First American.

Each painting takes approximately four weeks to paint whilst attending both the Observatory and American art groups.

Steven says that the fire engine he depicted is his favourite painting and his room is full of pictures.



First time dressmaker Jean with a beautiful dress she's made for her granddaughter. It's great to see the sewing group being a great success already.



Passionate



Empowering



Sustainable



Creative



Equal



More than just a riding school!

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

HORSE RIDING AND HORSE CARE

Come and join our new activity!

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

Cost:

£14.00 ride only
£7.50 care only

Or

£18:00 for both

If you are interested - please speak to Lee Woolridge

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



**Karaoke at twentyfourSeven.
Wednesday March 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. The next trip is to Stafford on 14th March. Meet up at Hanley bus station for 10:00am.

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 every three weeks 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 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.



Passionate

Empowering

Sustainable

Creative

Equal

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/>

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 Maggie.

Maggie

Maggie first came to Brighter Futures in 2014, working as a temp for six months, at the American. After that she worked as a permanent, part time worker at *twentyfourSEVEN* and The American whilst also doing relief work at various Brighter Futures schemes including Safe Spaces, Furlong Court and 90 Hope Street.

Maggie was finally taken on as a full time Clubhouse worker in March 2018.

Before Brighter Futures she worked as an apprentice hairdresser, becoming a manager after ten years before going mobile for two years.



Snap!

She also spent sixteen years working for the council as a home care worker before training as an assessor for dementia patients working in day care centres and people's homes.

Maggie has a daughter who gets married in June, and two lovely grandchildren.

Her favourite male is her Jack Russell dog called Rooney.

She also likes listening to music in her car (Betsie) when driving.

On TV she enjoys watching C.S.I., animal and history programmes.

Maggie has a passion for Japan, especially their culture and manners and would like to visit one day.

On her days off she enjoys taking her grandchildren out, maybe to Blackpool or a zoo, or even staying local, with a bike ride around Westport Lake.

Maggie loves cooking and likes to think that she makes a good hot curry and chilli.

She is very close to her family and her best friend of twenty three years works for Brighter Futures Partnership Housing scheme.

Finally Maggie loves her job and knew shortly after joining it was going to be her best job ever. She loves working with customers and staff and likes to think that after people meet her for the first time they have been, Maggie(fied)!

DUDSON City Places to Visit A Museum in a Bottle

This month we visit the Dudson Museum in Hanley



Passionate



Empowering



Sustainable



Creative



Equal

which is an entire museum contained in one of the largest bottle ovens ever constructed. Located within the Dudson Centre on Hope Street Hanley the museum makes for an hour of fascinating history of the Dudson company and the products it has manufactured over the years.



The Museum in a Bottle

Situated just a mile from the Dudson Factory Outlet, the Dudson Museum is housed in an atmospheric, original Grade II listed bottle oven. Stepping through the 'oven' door you will experience the company's heritage from 1800 until the present day and discover the history of the oldest surviving family business in the ceramic tableware industry. The diverse and extensive collection of Dudson Pottery is displayed on two floors.

Explore the original Dudson factory courtyard and then step inside the fabulous bottle oven. You'll find a breath-taking collection tracing the fascinating

history of the Dudson company from 1800 to the present day.



Examples of some Dudson ware

The bottle oven the museum is housed in is reputedly the largest ever built and represented the pinnacle of this technology. However whilst the kiln was being built Dudson moved to a new modern factory and the oven was never fired.

Once overtaken by the white heat of inevitable advances in science and technology. The Dudson Museum bottle oven has found new purpose in this small but intriguing space.

**DUDSON
HANLEY
ENGLAND
VITRIFIED
STONEWARE**

WorthPoint, Inc. - All Rights Reserved

Made in England

Please visit this museum it will charm and interest you in equal proportions. Oh, there is also a very nice and cheap café on the site too. You can round off your visit with some oatcakes and a cup of tea.

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.

This Month's Recipe

We hope you had a go at making the mushroom and chickpea balti in issue #20 of the Newsletter. Here is another easy to make and very tasty recipe, red dragon pie. This one could easily become a family favourite.



Passionate



Empowering



Sustainable



Creative



Equal

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

1 large tin aduki beans
50g long grain or brown rice (cooked)
1 tbsp oil
1 onion, peeled and finely chopped
25g carrots, diced
2 tbsp tomato puree
2 tbsp soy sauce
1 tsp mixed herbs
Half a pint of stock
salt and pepper
450g potatoes, peeled and chopped
25g butter
Grated cheddar cheese (optional)



A Winter Warmer

Method

Preheat the oven to gas mark 4, 350 degrees F or 180 degrees C.

Heat the oil in a saucepan and fry the onion for 5 minutes. Add the carrots and cook for 2-3 minutes. Add the beans and rice. Mix the soy sauce, tomato puree and herbs with the stock, then pour over the beans and vegetables. Season to taste, adding a little more liquid if necessary. Transfer to a greased 1.5 litre casserole dish.

Meanwhile, boil the potatoes until cooked and mash with the butter. Season well and top your bean mixture. Sprinkle grated cheddar cheese over the potato if using. Bake in the oven for around 40 minutes until the top has browned.

This recipe is a good vegetarian substitute for cottage or shepherd's pie; serve it with the vegetables you would eat with the original meat based recipes.

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**.

Or on the Web:



Safe Spaces QR Code. Or use:

[http://www.brighter-](http://www.brighter-futures.org.uk/safe-spaces)

[futures.org.uk/safe-spaces](http://www.brighter-futures.org.uk/safe-spaces)



Shakespeare at the New Vic

Members visited the theatre for a performance of 'Much ado' about nothing.

This version of the play is a musical set during



Passionate



Empowering



Sustainable



Creative



Equal

the second world war. As usual for a New Vic production the play was inventive and engaging. The novel use of music and song gave the play a fresh contemporary make over.



Basford is a stage

After experiencing this outstanding Elizabethan comedy everyone is looking forward to treading The Thitry Nine Steps on next month at the fabulous New Victoria Theatre.



Album Of The Month

This month **Music Man** reviews: *Amo* by *Bring Me The Horizon*.

Sheffield band *Bring me the Horizon* often abbreviated to *BMTH* were formed in 2004 by lead singer Oli Sykes, and some of his pals. In the early days, they were classed as a heavy metal, Deathcore band. For this genre think growling vocals, Very heavy guitar and little or no melody!

However in recent years they have had a change of direction and with their sixth album, we

have elements of pop, dance, electronica, classical music and even singing children! Opener *Apologise if you feel something* combines keyboard with a gentle atmospheric vocal. Though a short track at two minutes it is, in the bands own words an overture for what's to follow. *Mantra* is a reminder that they still have their roots in heavy metal, with a catchy guitar riff and a decent tune.

Lead singer Oli is quoted as saying that track three, *Nihilist Blues* is his dad's favourite, as he was a big fan of dance band *Snap* who had a big hit with, *I've got the power*. I can understand why as both songs have a heavy disco feel about them. *In the dark* is a fine pop song with a good melody that *Take That* would have been proud of.



Amo is supplied in a plastic sleeve just like the Newsletter audio CD

Several tracks have already been released as singles with *Medicine* charting the highest. Again, more pop then rock, with a catchy chorus.

I was intrigued when I saw that they had a rock song called

Sugar Honey Ice and Tea. Oli said it was a reference to his Dad again, saying it rather than swearing, if he disliked someone he would say that's what they are full of!

The band show their diversity again on slow rock number *Why you gonna kick me when I'm down* that features a children's choir.

Ouch and *Fresh bruises* are both short link tracks but are nonetheless both interesting.

Mother tongue is again pop, but of the highest quality and is for me a highlight.

The penultimate track *Heavy Metal* does what it says on the tin and will please their older fans.

I don't know what to say starts with strings, before vocals, rock and orchestra bring the album to a close.

In Portuguese *Amo* means, *I love*. It has to be said people are loving *Amo*, as at the time of writing it had entered the charts at number one.

Finally, anyone wondering where the band get their unusual name from, it's taken from one of the *Pirates of the Caribbean* films. Captain Jack Sparrow looks out to sea and shouts *Bring me that Horizon*.

Music Man

Mindfulness

What is Mindfulness?

Mindfulness is wordless. Mindfulness is meeting the moment as it is, moment after moment after moment,



Passionate



Empowering



Sustainable



Creative



Equal

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***

Living in the past is a dull and lonely business; looking back strains the neck muscles, causing you to bump into people not going your way.

Edna Ferber

I slept and dreamed that life was joy.

I awoke and saw that life was service.

I acted and, behold, service was joy.

Rabindranath Tagore

Fear less, hope more; eat less, chew more; whine less, breathe more; talk less, say more; love more, and all good things will be yours.

Swedish proverb

twentyfourSEVEN

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



12:00pm till 2:00pm at
twentyfourSEVEN.



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.

**Find Brighter
Futures on Social
Media**



facebook.com/
brighterfuturesNW/



@BFNW

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 Lynnette, deputy manager

of property services.

Lynnette

Lynnette has worked for Brighter Futures for twelve years. The main part of her job is overseeing compliance of the company's properties for safety standards.



Lynnette with Cotty

Fire alarms are checked twice a year, gas annually, emergency lighting every six months. Electricians are checked every five years. In addition when a tenant leaves a property the gas is capped and all services overhauled before the new occupant moves in. Other important checks are made for legionella in the water and shower heads on a regular basis.

Lynnette is also the line manager for administration in property services which also includes housekeepers.

Before joining Brighter Futures Lynnette worked in a children's home and also worked with adults with learning



Passionate



Empowering



Sustainable



Creative



Equal

disabilities. Two of her favourite roles were time spent as a hairdresser on a cruise ship and working in an art gallery in Knutsford. Also, she loved being a stay at home mum for nineteen years to bring up her three boys.

Lynnette likes painting, drawing, crafts and cookery; claiming she taught Mel, who now like to take over!

Her pride and joy is 'Cotty' a fauve bassett rescue dog from Spain.

Lynnette's all time favourite film is Les Miserables. But she also enjoyed the romantic drama Chocolat.

Also, from an early age she enjoyed watching most musicals and acted on the stage from the age of two.

Lynnette likes to listen to Motown and Northern Soul music as she can dance to them.

She likes to get involved with Clubhouse members and was part of a trip to Matlock lights a few years ago and also enjoyed cooking at one of the regular Spoonful pop-up cafes.

Lynnette loves to travel and has enjoyed trips to Canada, Greece and Bulgaria in the past.

She loves swimming and would like a large pool at home when she retires. (Hint to hubby Mel)

At the end of a long day Lynnette likes to relax with a glass of wine.

She tries to eat healthily to avoid having to join a gym.

Finally she says that her role has

been challenging but always enjoyable.

At the moment Lynnette is doing a course as part of her job, at Staffordshire University in management development and is hoping to pass and graduate in July.

Next month, more from inside property services.

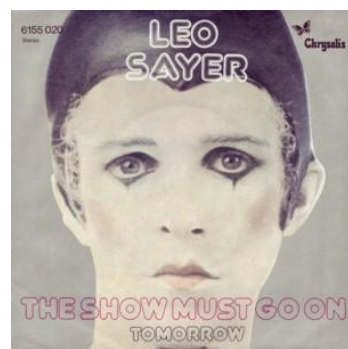


Rough Sleeper Team

Call us **FREE** on
0800 970 2304

To tell us about someone sleeping rough in
Newcastle-under-Lyme, Stoke-on-Trent
or Staffs Moorlands.

*Free from landlines and most mobile providers



The Show Must Go On! (Leo Sayer)

Leo Sayer's debut single failed to chart in 1973. However for his second *The Show must go on* he hit on a unique gimmick. Although the song was catchy anyway, he performed it wearing a French style clown's outfit, with white make-up and

a skull cap.

My girlfriend at the time Sue had liked it after hearing it on the radio and so we bought the single. Even the 'B' Side was good (Ed: I find this hard to believe). So we were excited when we saw posters saying that he was coming to our local Polytechnic in Shelton, to do a gig. The day of the concert duly arrived. We were puzzled, on reaching the venue, to see a fleet of coaches outside! When we enquired we were told that after Leo performed the song on *Top Of The Pops* the demand for tickets had gone through the roof and not wanting to disappoint fans the gig had been moved to the much larger polytechnic in Stafford. No one was complaining as the Student Union had managed to fund the money to pay for all the coaches. We still got there early enough to sample the atmosphere in the packed hall, everyone eager to see this new exciting talent. Leo didn't disappoint! He burst on to the stage with a song called *Tomorrow* a very lively song we could all sing along to as it was the 'B' side of the *Show must go on!* Another *Giving it all away* was familiar as he had written it for Rodger Daltrey of *The Who* as he started off as a song writer. He performed all of the songs from his debut album *Silverbird* with several minutes of applause



Passionate



Empowering



Sustainable



Creative



Equal

following *The Show Must Go On!* So a great night was had by all. The next time he came to Stoke the clown make-up had gone and with more hit songs he was able to do a sellout gig at the larger King's Hall. Even though the tickets were double the price now, we were still big fans and keen to see him. Then something happened and we saw him in a different light. As we were in the queue to get our tickets checked we saw the security staff checking bags and when we got to the front a guy grabbed my girlfriend's handbag and on finding a camera, opened it up before throwing the film into a bin with hundreds of others. We complained but to no avail they just said Leo didn't want any flash photography. Sue was so upset; the film was half full with pictures from her Mum and Dad's Silver Wedding party. These were irreplaceable pictures. It did spoil the concert for us and we never wanted to see him live again.

I believe he is now a resident of Australia and at seventy, still performing. Probably saying to people *Don't you know who I am, Do you want to take a photo of me?*

Gigman

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.



Local History Victoria Hall

The Victoria Hall was constructed as an annex to Hanley Town Hall in 1888, as part of the city's celebrations for Queen Victoria's Golden Jubilee. Originally the building had a capacity of 2,800 but this has now been considerably reduced to 1,476 as seating replaced wooden forms and benches. The hall was designed by local borough surveyor Joseph Lobley and was built using red brick and terracotta. From its opening the building struggled with minimal front-of-house facilities. To remedy this, an extension was constructed in 1999, as part of the Cultural Quarter, providing a large new entrance space, with information desk and a café. This extension also houses administration for the

Ambassador Theatre Group, who operate the venue and the nearby Regent Theatre. Over the years many events have been held in the hall from, boxing, wrestling and concerts both rock and classical.



The hall with its modern appendage

The magnificent Grand Organ was originally built for the Yorkshire Royal Jubilee Exhibition of 1887 by maker Peter Conacher of Huddersfield. After the event was over it was offered for sale and was bought by George Meakin, a Hanley businessman and owner of J and G Meakin, who presented it to Hanley's town council as a gift for their new Victoria Hall.

In 1922 the organ was considerably rebuilt and enlarged by famous organ builder, Henry Willis. The stops being increased to 63. New stops added to the organ included solos and trombas.



The Hall and its Organ



Passionate



Empowering



Sustainable



Creative



Equal

Further work was undertaken by J.H. Cowin of Liverpool in the early 1960's, which included renovations and tonal changes to suit the fashion of the times.

The organ and superb acoustics attract world class artists to perform in the monthly Organ Proms which have now been running for 25 years.

In order to further appreciate the skill and brilliance of the musicians, the venue has now installed two large screens, at either side of the organ. One showing the hands, the other the feet.

Go along to an organ prom you will have a toot.

Scan the QR code below to be taken to ATG's webpage for the Victoria Hall:



Or use this web address:
<https://www.atgtickets.com/venues/victoria-hall/info/>

Jokes

This month we have some jokes that will have you chortling. Just don't eat one of Desperate Dan's cow pies before you read them, you just might burst.

What's the difference between a 16" pizza and a jazz musician? A 16" pizza can feed a family of four.

Why does mineral water that has trickled through mountains for

centuries have a use by date?

And a couple from genius funny man Spike Milligan:

Chopsticks are one of the reasons the Chinese never invented custard.

A surefire cure for seasickness is to sit under a tree.

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.

Dreaming

In my dreams I'm a different me
unlocking all doors without a
key

I'm Superman or something
near

Do anything with no fear
I float around in my
dreamy slumber

Here and there I will wander
New York, Paris I may be
Drifting around with infinity
The world it looks a different
way

No wars or hatred
to spoil the day

Yes in my dreams all is well

No more secrets or
Kiss and Tell

In the deep blue sea
I swim so deep
With fishes and sharks
memories to keep
Now in a flash my
dreams all break
So distant now
For I'm awake

Adrian

A Song of Travel

Where's the lamp that Hero
lit

Once to call Leander home?
Equal Time hath shovelled it
'Neath the wrack of Greece
and Rome.

Neither wait we any more
That worn sail which Argo
bore.

Dust and dust of ashes close
All the Vestal Virgin's care;
And the oldest altar shows
But an older darkness there.
Age-encamped Oblivion
Tenteth every light that
shone.

Yet shall we for Suns that die,
Wall our wanderings from
desire?

Or, because the Moon is high,
Scorn to use a nearer fire?

Lest some envious Pharaoh
stir,

Make our lives our
sepulcher?

Nay! Though Time with petty
Fate

Prison us and Emperors,
By our Arts do we create
That which Time himself
devours--

Such machines as well may
run

'Gainst the Horses of the Sun.
When we would a new
abode,

Space, our tyrant King no
more,

Lays the long lance of the
road

At our feet and flees before,
Breathless, ere we
overwhelm,

To submit a further realm!

Rudyard Kipling



Passionate



Empowering



Sustainable



Creative



Equal

twentyfourSEVEN Timetable

Monday Social Space – Craft, Art, Pool, Board Games, Chat 9:00am – 9:00pm.

Tuesday Social Space – Games and Quiz Afternoon. Open 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. 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.
Open 9:00am – 9:00pm as usual.

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

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

MARCH 2019						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

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



Passionate



Empowering



Sustainable

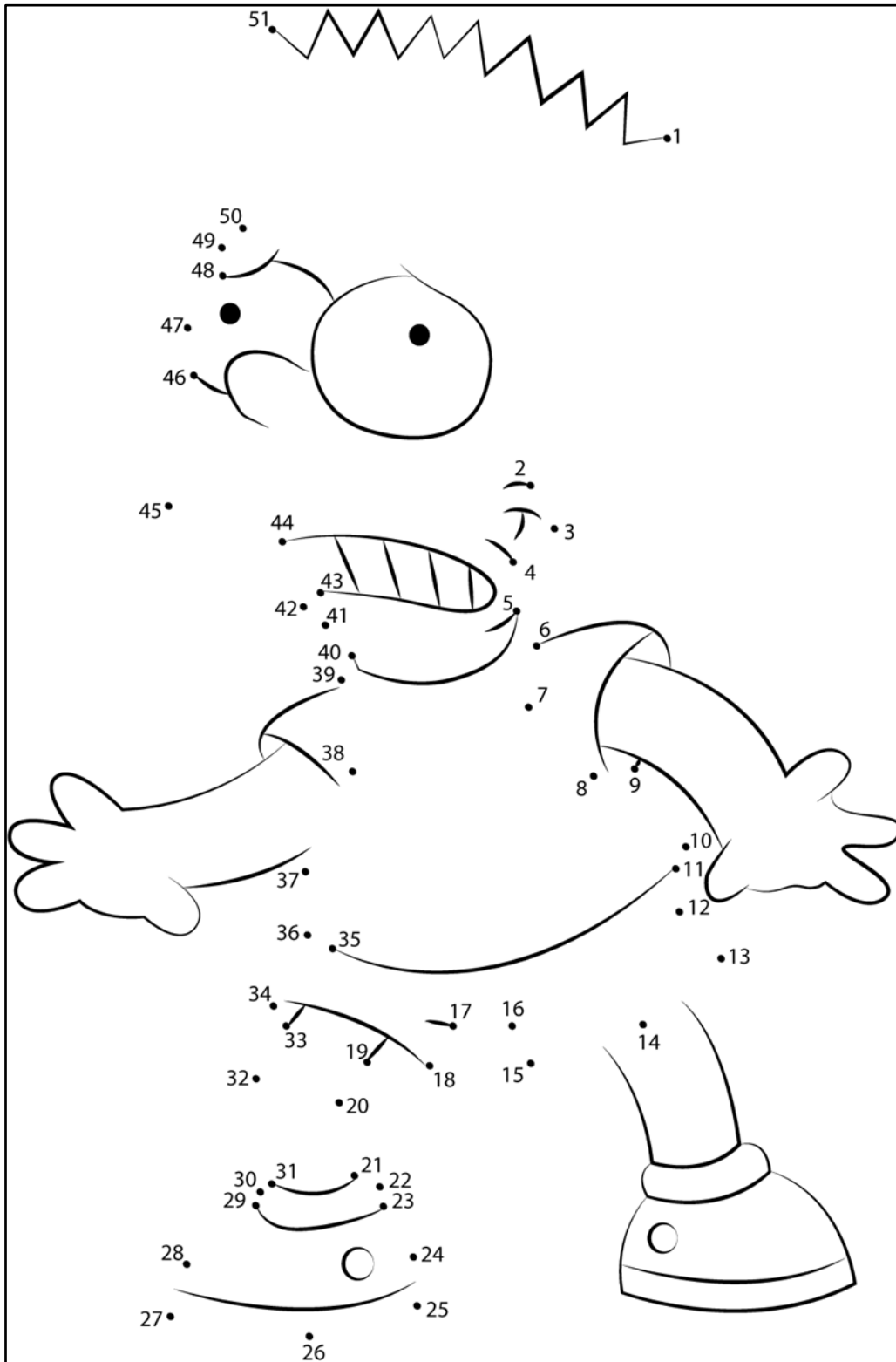


Creative



Equal

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



Passionate



Empowering



Sustainable



Creative



Equal

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