

28<sup>th</sup> March 2019 Issue #22

Hello everyone, this is the twenty-second 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.



Inspiring Mindfulness Quotes. p21

Members visited the New Victoria Theatre to see the 39 Steps in a fast paced comedy version of John Buchan's thriller. p20



Visit Spode's Heritage Centre p17

This month read  
Ruth's story as  
found in the Our  
Stories eBook. p13

Do you do  
Sudoku? p2

## Our stories

#ShareStoriesNotStigma

Read about their life-changing experiences with their mental health and what helped them through.



Dido's new album, 'Still on my mind' is assessed by our music reviewer *MusicMan*. Does Dido still have the magic touch? p21

### THE DIRECTORY

Places members may like to visit. p8

## LEEK TRIP

This month members took a trip to 'The Queen of the Moorlands', Leek.

Leek's markets have been at the heart of the town's shopping experience since the first Royal Market charter was issued by King John, granting Ranulph de Blondville, 6th Earl of Chester, the right to hold a weekly Wednesday market and an annual seven-day fair in Leek in 1207.

Fast forward another 800+ years and the town's markets are still thriving.



**Ceramic, celebrating  
800 years  
of the market.**



**Phil, Lee and  
Caroline enjoyed  
their day out.**

Eight people went along on the trip. The antique and indoor markets were popular attractions with our crew.

Of course the visitors were hungry at some point and a visit to the much favoured Café Delight filled everyone up in a most delightful way.

There was still time after lunch to browse the attractive towns many charity and antique shops. Lee was pleased to find a military medal that he bought for a bargain price.

### 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](mailto:news@brighter-futures.org.uk) to be put on our emailing list.

### Have fun with this Sudoku Puzzle!

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

(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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## JOIN IN OR HELP OUT

The PHAB FREEWHEELERS is a fortnightly social group, for people with and without physical disabilities. We meet, in Hanley, on alternate Thursday evenings 7-9.30. Free activities include art & crafts, baking, nail art, chocolate bingo, Wii, traditional pub & board games and video horse racing. If you would like to come along to join in or help out, give us a call or find us on facebook.

07902 776335

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

## 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](http://www.brighter-futures.org.uk)

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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 thanks to all contributing members

### 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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## 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](http://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.

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, 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, Crosswords, Knitting, Colouring, Art, Raffles, Gardening, IT Help, Respect, Photography, Play Instruments, Newsletter, Laughter, Celebrate Independence Day, Weaving, Sewing

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



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## Clubhouse Recovery Network Activity Timetable April 2019

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

Drop in 11am-3.30pm; Tuesdays and Thursdays - social time and activities.

For more information or to book contact Anne Clewlow m 07824 32 64 98 : Sara Thomas on m: 07824 638088

Date	Café Area	Community Hall	Other Room
Tues 2 <sup>nd</sup> April	11.00am – 3.30pm <b>Social space and activities</b> including making <b>bath bombs</b> . All you need to bring is a smile. Be prepared for a fun session – have fun and learn as well as most importantly making a soap bomb!	1.00-2.00pm <b>Yoga</b> You do not need to be super fit, just arrive with a willing spirit, any level and can be done on floor or sitting down!	11am-12.30pm <b>Trip to Longton Park.</b> Meet at the centre or at Longton Park – Call Francis for details.
Thursday 4 <sup>th</sup> April	11.00am – 3.30pm <b>Social space and activities</b> including <b>cross stitch</b> . You'll learn the basic cross-stitch, zig zag, herringbone, tacked herringbone, oblong and rice stitches.		11.00am - 1.30pm <b>Macramé /Art Group</b> Join us for a fun, relaxed workshop and learn the ancient craft of macramé. Relax and learn to make craft projects through tying knots! An ideal session for beginners to learn step by step.
Tuesday 9 <sup>th</sup> April	11.00am – 3.30pm <b>Social space and activities</b> including model candle making in this fun and exciting hobby.	1.30-2.30pm <b>Prize Bingo</b> (30p a ticket)	1.00pm -3.00pm <b>Wellbeing Sessions</b> Small meeting Room Booking required. 1.00pm -3.00pm <b>IT Coffee and Chat</b> If you are interested in finding out more about IT courses come and have a chat with Karen.
Thursday 11 <sup>th</sup> April	11.00am – 3.30pm <b>Social space and activities</b> including <b>mindfulness colouring</b> . Why not take some time to relax and colour in some beautiful designs that you can take away with you?	12.00-1.30pm <b>Community Meal</b>	1.30pm-2.30pm <b>Customer Focus Group:</b> Share your thoughts and ideas about the activities. Room: IT Suite
Tuesday 16 <sup>th</sup> April Easter Holidays	11.00am – 3.30pm <b>Social space and activities</b> including <b>card making</b> . If you have a childlike enthusiasm to learn something new, we've got just what you've been looking for – card making.	11.00am -12.30pm <b>Art Group</b> (no need to book) 1.00-2.00pm <b>Family Yoga</b> Open to everyone – children, mums, dads, grandparents and carers and have fun and laughter.	



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## Bread in Common

Real bread community bakery



## Bread in Common

**Facebook:** Follow us at BreadInCommon for news of specials, bread chat and photos.

**Twitter:** @bread\_in\_common  
**Instagram:** breadincommon\_stoke

72 Hartshill Road, Stoke on Trent ST4 7RB  
 01782 244561

**Bread In Common** is a community bakery in Stoke-on-Trent based at B arts; the bakery supports artists and builds our local community.

Each week we bake to order, to make sure there's no waste. Send us your order before Weds 6pm and collect from our bakery in Stoke.

We always have bread on the counter so come in between 12 – 5pm on Fridays, we are on the corner of Hartshill Road - Shelton Old Road.

We make our bread using natural seasonal ingredients and long fermentation times, making bread that's better for your health.

*Looking for a gift for a foodie?*

Buy a day on a the bread baking course available for couples, individuals and groups, details are on our website.

We supply local cafes, farmers markets, cater for meetings and conferences, parties, weddings, and have a mobile pizza oven, contact us for details and costs.

Go to [www.breadincommon.com](http://www.breadincommon.com) and sign up for our weekly bake list



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# Bread in Common

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## Siobhan McAleer, manager at the Bread in Common Community Bakery and Cafe tells us about the business:

So, Bread in Common is part of B-Arts who are a theatre company based in Stoke-on-Trent, they have been going for about thirty years and they've always made theatre that has involved food somehow and because of this they got to a point where they decided food should be more a part of the company than it was, more than just in shows and they decided that they wanted a subscription bake. Susan, who is the head baker, started that from her home initially and eventually expanded into using community kitchens around the city. Some parish Church kitchens, village halls and other community places. About eight years ago we moved in here and four years ago we decided we would set up a full bakery and the cafe.

For the last two iterations of the British Ceramics biennial we have been the cafe in Spode and then we decided we should have a cafe space in b-Arts. Currently we are open every Friday from 12:00 - 14:00 and we make our lunches using FairShare which is a charitable donation by supermarkets and intercepted waste food; food that would have gone to waste (we get to use it before it goes for disposal) What else?! Yes, we work with community bakeries so that means that we are very much powered by volunteers.

Lotika has made the lunch today. The people who have been making the bread today are also volunteers. And we do outside events, we have a pizza oven and we use that often around the city. All of the bread is made using a long proofing process; to make real bread we use a long proof. We also make sourdough bread. Come along to one of our bakes in the cafe. You will have a tasty time!



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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 <a href="https://en-gb.facebook.com/trubshawcross/">en-gb.facebook.com/trubshawcross/</a>
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 <a href="http://culturalsquatters.uk/">http://culturalsquatters.uk/</a>
BELONG	Lower Street Newcastle-under-Lyme, Staffordshire, ST5 2RS Wheelchair accessible. Parking on site	Homes for people with dementia and so much more. Cafes, gym, internet, art gallery, parties, hireable rooms, and heritage museum. This incredible building blends the lives of the residents with the community. A truly unique space and experience in this area.
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. Community activities. <a href="http://westendcommunitycentre.weebly.com/">westendcommunitycentre.weebly.com/</a>
SpoonFull Café	b-Arts 64-72 Hartshill Road Stoke-On-Trent. ST4 7RB	Bi-annual Pop Up Café. Excellent food and music. <a href="http://www.b-arts.org.uk/">http://www.b-arts.org.uk/</a>
City Central Library	Bethesda Street, Hanley, Stoke-on-Trent, ST1 3RS Easy parking. Near Hanley bus station. Wheelchair accessible.	Lending and Reference library. Audio Books, eBooks and eMagazines. Membership required (Free). Check for activities. 19 Computers and free 1 to 1 Bookable IT help Open 9:00am until 6:00pm weekdays (5:00pm Friday) Saturday 10:00am – 2:00pm Sunday Closed
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. <a href="http://breadincommon.com">breadincommon.com</a>

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.



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## 'Peace' Work

This body of work is a collaboration between art students at Newcastle College and service users in mental health day services groups within North Staffordshire Combined Healthcare (NHS).

These 100 pots represent women in the ceramics industry and the process of 'piecework' that created a sense of solidarity on the production line.

They also celebrate the 100 year anniversary since women had the right to vote. The pots have all been individually decorated, re-formed and dedicated to women who have inspired the participants.

The pots honour women in celebration of International Women's Day. Each pot began the process as a similar form, each one unique yet...

### Bound by Clay



**This project has been organised and supported by:**

**Cheryl Smith** (Curriculum Co-ordinator in Art and Design at Newcastle College)  
**Zoe Best** (Support, Time, Recovery Worker at North Staffs Combined Healthcare NHS)  
**Sadie Clough** (Ceramics Technician – Newcastle College)

North Staffordshire Combined Healthcare   
 NHS Trust

**NSCG** | NEWCASTLE AND STAFFORD COLLEGES GROUP



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## Clubhouse Recovery Network (Meir)

February/March saw the Art Group begin at Clubhouse Recovery Network in Meir. They started with Macramé, the art of tying knots. This is a very therapeutic way to create some pretty ornaments and for relaxing. Most friendship bracelets are made using this technique. Here is a brief overview of what Macramé is.

Macramé has many theories on how it began; it comes from the Arab word for 'fringe' relating to the decorative fringes that were tied in camel and horse manes. It is also believed to date back as far as Babylonian or Aztec days, being discovered in carvings. It spread across the world from North Africa as sailors picked up the art covering things on the ship such as knife handles or bottles.

Macramé for beginners starts with a basic reef knot and can be made using wool, cotton twine, hemp, linen, leather, jute and other materials.

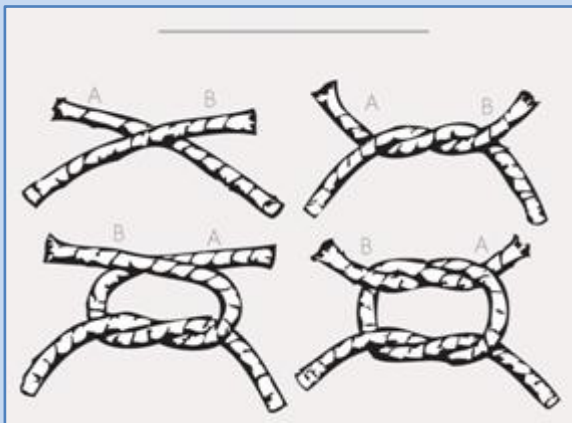
The group loved having a go at the craft and look forward to doing it again.

If you would like further information on what is going on in the group or when the next Macramé session will be please see our timetable or call:

Sara Thomas on 07824 638088

or

Anne Clewlow on 07824 326498



How to tie a reef knot



Reef knots make macramé



Get Knotting!



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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 Wednesday 10:00am - 1:30pm**

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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**CUSTOMER**  
EXPERIENCE

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## Arts

## &amp;

## 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.



Janice, Sarah and Catherina with their pots



An array of top pots

The craft group have been decorating plant pots with mixed media.



Sabrina's dots

The art group are working on beautiful Aboriginal art for their Cultural Talents exhibition to be held at Cultural Squatters.



Aboriginal art, helping Brendon to practice mindfulness; trying to stay in the moment.



Catherina's ace geometric work



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## Ruth's story as told to the 'Our Stories' project

Ruth, 56, has been bipolar all her life. In childhood she was always "the naughty girl", then in teenage years, "the black sheep". She didn't know what it meant to be bipolar, just that she was different, and she turned to drugs as a coping mechanism.

"I told my doctor I was suicidal and I was sick of it all. He said to talk to my friends, have a coffee and calm down - so I became addicted to heroin.

"I wanted to feel normal. I've had it all my life but it was about 15 years ago when I got a diagnosis of bipolar disorder and manic depression. They didn't tell me any more than that and it was scary to hear. I had become a heroin addict and going to rehab was the bottom of the pit. I was tired of life, I didn't care and I wanted to die. But I had a young son and I couldn't bring myself to abandon him.

"I was living in Wales for a good while and the drugs were getting worse. I went to rehab for five days; they put me on methadone and it didn't work. When I eventually started doing better my dad died and I went back on the drugs. I had a second detox and then my mum died, so I went back on the drugs. The whole time they only saw the drug problem and not the reason behind it. There was nothing for mental health in Wales at the time. I just felt like the doctors weren't bothered. "It seemed that every time Ruth was making progress something set her back, whether that was bereavement, toxic relationships or frustration. Then a doctor told her about a drug which prevents heroin withdrawal symptoms.

She explained: "It stops you rattling and it didn't take me long to come off the drugs – I haven't used since. It opened everything up still no counselling for my head problems, and then my husband left and I became badly depressed.

"My son, now an adult, wanted me to come and live with him and I moved to Stoke three years ago. I saw the immediate care team and a Community Practice Nurse and she told me about The American and Brighter Futures. At the time I was ready to kill myself because the mania was too much and my son could look after himself by that time. I was told about a support group and after the first session I was ready to do a runner because they were talking about anger issues and this upset me. A staff member knew at the time what was going on and she spoke to me after the group and I went to the next session. I've been going ever since and I've never looked back. It helps me find the reasons why and what works for me.

During the support sessions, I've found out a lot about self-harm. I used to bite my lip and the inside of my mouth until it bled; I would pick my skin, I used drugs, drank... I don't regret any of it because it's given me life experience and I'm now using that experience to help others. I've given advice to people who have relatives who are going through addiction and I've recently found out I saved a life. My advice to anyone who wants to help is to be ready to talk and be patient.

"Brighter Futures has given me all the support I could ever need and has saved my life. I have a wonderful, magical life now and so much to live for. I know I'm not better, but I'm better than I was. I have a healthy relationship and my partner is really understanding. He knows that some days I feel great, untouchable and others I'll be on a low. Some of my family still don't understand but I've really made an effort and if they don't want to know that's their problem.

"I've been no one. I've been a mum. I've been an addict. I've been a victim. Now I'm finding out who I really am and what I'm capable of and life is wonderful. It's still a battle every day to get out of bed and get dressed but now I have a reason and an amazing life, so dream that little bit and go for it because if I can, you can too."

## #ShareStoriesNotStigma



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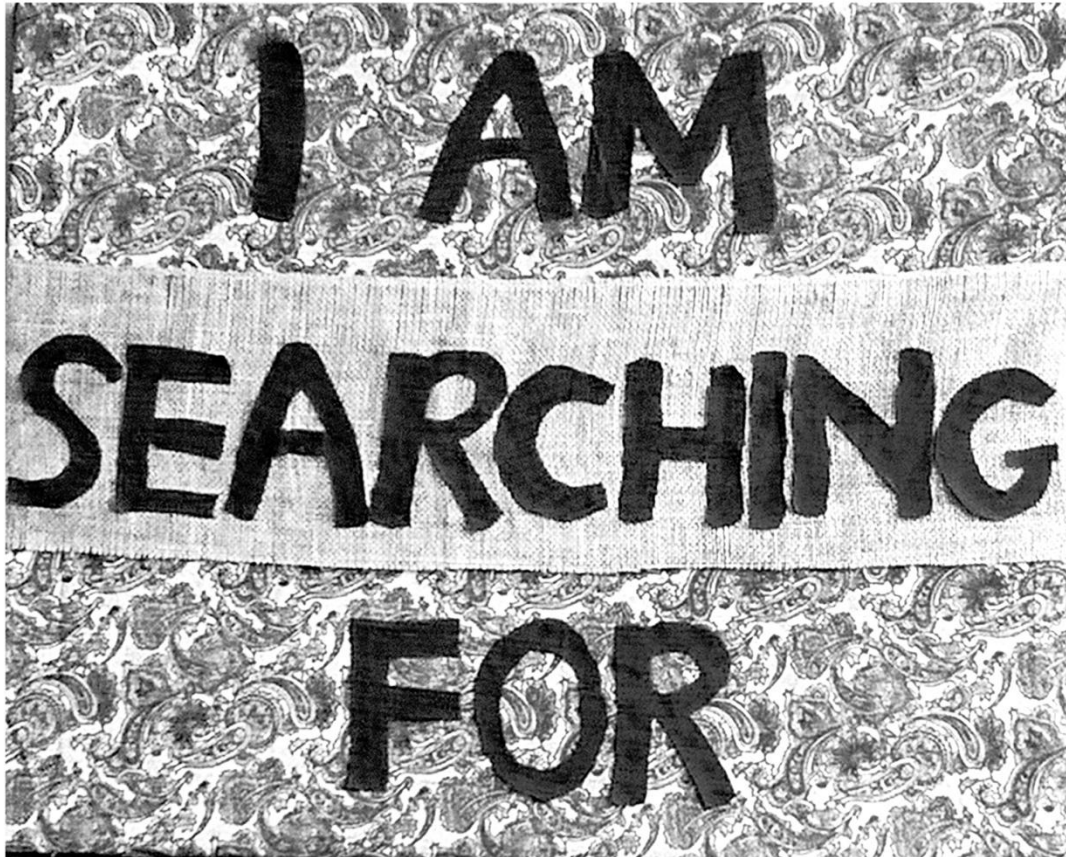
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Brighter Futures and NHS Combined Health care

# CULTURAL TALENTS

13th - 24th May

Art Exhibition



Sculpture Painting Ceramics Poetry Crafts Music Dance  
**Mental Health Awareness Week May 2019**

## Art Workshops

Mon 13th	10am-2pm	Willow Sculpture
Wed 15th	10am-2pm	Potteries Heritage Colouring Book
Thu 16th	10am-2pm	Medicine Wheels and Mandalas
Fri 17th	10am-2pm	Fairy Art installation

Cultural Squatters 51-53 Merrial Street, York Place Shopping Centre, Newcastle, ST5 2AH



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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 April 3<sup>rd</sup>, 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. Keep an eye on the notice boards for the next fun trip.

### 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 two or 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. There will be a walk every fortnight. Check the notice boards.

### 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

### Raffle

The Easter raffle has a fabulous prize created by Jean and Tracy.



Entry is £1 per strip of tickets.



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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](mailto:advice@snsCab.org.uk)  
[www.snsCab.org.uk](http://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/>



Greggs vegan sausage rolls have been in the news a lot recently. If I didn't know better I'd say it's almost as if it is a self-perpetuating and relatively cheap advertising campaign designed by some very smart

marketing women who are all in for a huge bonus.



### The pastry in question!

So, we decided to find out what members think of this non-pork based sausage roll.



### Our test subjects

After having tasted the pastry without a squeak the results are in.

Each taste tester gave the product a score out of ten:

Lee: 9

Pam: 5

Howard: 5

Chris: 8

Charlotte: 8

Mark: 9

So, I think we can say that the vegan sausage roll is a hit, with four out of six taste testers giving the sausage-less, sausage roll high marks.

time.

He worked full-time until twelve years ago. Spending time at the local council, BHS, T.K. Max and the Post Office. Brian was a full-time carer for his mum for eight years and after she passed away he spent five years living on the streets, but is proud that he never stole or begged for food and lived on church hand outs and restaurant bins. Saying it was amazing to find the vast amount of food that outlets throw away.



**Brian, as seen at  
*twentyfourSEVEN***

Through being homeless Brian first came into contact with Brighter Futures in 2013, first attending the American Clubhouse.

However, in recent years he has spent most of his time at *twentyfourSEVEN* and is more than happy to say that staff member Jessica has played a key role in his mental health improvement.

Brian loves a game of pool

## Clubhouse Stories

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

### ***This Month We Have Brian***

Brian says he first started with mental health problems in his teens but didn't realise it at the



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and has around one hundred cues in his collection. He also spends time collecting watches and has around one hundred and fifty.

He loves music and his favourite genre is 60's folk. Bob Dylan, Peter, Paul and Mary and Woody Guthrie would be his top picks.

Brian loves a good box set and he thinks that two of the best in his collection are the X Files and Peaky Blinders.

He has a passion for Dick Francis books and has every one (some signed).

Brian also has many by John Francome but said his all time favourite author would have to be Edgar Wallace.

Over the years Brian has made many good friends at the Clubhouse and is always interested in trying new things. Recently with others he attended the New Vic Theatre for the first time and loved 'The 39 Steps'.

Also, last year, with other members he tried horse riding at Endon, enjoying it so much he returned for further visits.

In the future Brian wants to attend many more events and trips as he is sure they help him to stay mentally well.

### This Month's Recipe

We hope you had a go at making the Red Dragon Pie in issue #21 of the Newsletter. Here is another easy to make and very tasty recipe, Sweet and Sour Tofu. Never tried tofu before? Go ahead and make this recipe, it's delicious.



Whether you are a would-be contestant on MasterChef 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

##### For the tofu

- 1 pack Cauldron marinated tofu pieces (it's in the vegetarian section of the chillers)
- 1 red bell pepper (cored and chopped into bite size pieces)
- 1 green bell pepper (cored and chopped into bite size pieces)
- 1 medium sized onion (cut into bite size pieces)
- 1 tablespoon vegetable oil

##### For the sauce

- One jar of sweet and sour sauce or if making the sauce yourself:
- 3 tablespoons brown sugar
- 1/4 teaspoon salt
- 1 tablespoon ketchup
- 1 tablespoon soy sauce
- 3 tablespoons rice vinegar or cider vinegar
- 1 tin pineapple chunks (including juice)

#### Method

If using, whisk all the ingredients for the sweet and sour sauce (add chunks to taste) in a bowl until the sugar dissolves and set aside.

In a wok or large deep frying pan over high heat, add the oil and then add the peppers and the onion to the pan and cook for 2-4 minutes, until peppers and onion have softened a little but still yield a crunch.



#### Tofu or not tofu?

Add the tofu to the pan, and then add the sauce ingredients or the jar of sauce and heat until cooked through.

Serves 4 with rice or noodles.



### City Places to Visit

#### Spode Heritage Centre

Spode was founded by Josiah Spode (1733-1797). In 1770 he was responsible for perfecting two extremely important techniques that were crucial to the worldwide success of the English pottery



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industry to follow.

Firstly he perfected the technique for transfer printing in underglaze blue on fine earthenware (1783-1784).

This led to the company's famous Blue Italian range, launched in 1816. Secondly, Josiah Spode is often credited with developing around 1790, the formula for fine bone china, which was generally adopted by the industry. Today Spode is owned by the Portmeirion Group, also based in Stoke. Portmeirion continue to make many items in Spode's Blue Italian and Woodland range.



### Into the Blue

Fortunately the original Spode factory is now a museum and Heritage Centre and makes for a very interesting visit.

On our arrival we were greeted by an extremely knowledgeable tour guide who kindly offered to show us around. Firstly he pointed out a large model of the factory made over a hundred years ago (it looked like it was made yesterday!), with its vast array of buildings, chimneys and bottle kilns. He was also keen to point out unlike other large pottery companies in the city; Spode has been on the same site for over 240 years. Films and displays tell the story of this historic factory and workers. On

most days there are live demonstrations. We enjoyed chatting to an extremely talented gilder who was applying the gold onto a plate with a tiny brush.

Our guide was keen to take us to the centre's crème-de-la-crème, the Blue Room. This unique space takes you on a journey through one of the World's largest public displays of blue and white ceramics that have made Spode famous.



We were told that collectors from as far away as Japan and America often get very excited, when they see what's on display.

There is an art gallery called. Centre Space. The gallery features local, national and international artists.

The large shop sells a range of vintage and antique Spode and Copeland ceramics. They also stock a varied selection of artisan and handmade giftware. Finally before we left we had to visit the old works canteen that has now been converted into a rather up-market café. We found the staff to be helpful,

friendly and the food very good. We both went for the cheesy oatcakes, which were well filled, with salad on the side (Ed: Not keen on the golden beetroot though) and were folded in a unique way that made the fillings look like they had been gift wrapped.

Spode is open Wednesday-Sunday 10:30am– 4:00pm. Admission is free and is well worth a visit.

## 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.

## Inside Brighter Futures

There are many sectors to Brighter Futures. These are known collectively as the



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'Schemes' of which the Clubhouse Network is one. Each month we will be featuring someone from one of the Schemes. This month in part two of our feature on property services we have Carwyn, head of property services and development.

#### Carwyn

Carwyn a native of Cardiff has been in his role for nearly six months.

He manages a large team that includes painters, cleaners and other tradesmen, and also two deputy managers, making a grand total of fourteen.

Brighter Futures has around two hundred and fifty properties, including the clubhouses and a large part of Carwyn's job is dealing with the day to day repairs.

Cyclical painting is always ongoing, as well as working on the many empty properties or voids.



Currently there are seven vans on the road and in the last quarter over seven hundred repairs took place.

Carwyn is also involved in the buying of new properties and new build projects.

Socially, Carwyn loves rugby and although he still has the

occasional game he now mainly coaches teams, including the one his young son plays for.

Musically, he likes most types but is a big fan of Coldplay.

Carwyn likes Marvel and true life films, but said the only reading he would do would be work related.

He is a family man with a wife and two children, not forgetting their cocker spaniel dog, Diesel. Carwyn enjoys holidays, mainly to hot countries and his travels include America, Spain, Portugal and the South of France.

In the future Carwyn would like to get customers of properties involved with the services offered by Brighter Futures.

Finally he said that he has settled into the job very well, finding everyone helpful and friendly and is hoping to enjoy his role into the future.

**Find**  
**Brighter Futures**  
**on**  
**Facebook**



**brighterfuturesNW**

**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)

## Pets' World: Jeremy and Jemima

In days gone by we had two ducks called Jeremy, a brown khaki Campbell, and Jemima a large white duck just like her namesake.

Well we decided to let them hatch out a batch of their eggs. Subsequently we had eight ducklings running around the garden.

Jemima was very tame and would come when called.



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They often waddled into the house. Jemima was also a bit of a local celebrity, visiting schools and nurseries, where the children loved to 'bath' her.



One day while we were out, Jeremy, Jemima and all their brood escaped the garden. We came home to find half the cul-de-sac chasing them round and trying to get them back in the garden. I walked up shouted, 'Jemima, get back in that garden'; off they trotted much to everyone's dismay.

Just another day in the life of our menagerie.



### Etruria Canals Festival Help needed!

The Etruria Canals Festival will be taking place on 1<sup>st</sup> and 2<sup>nd</sup> June. This year Clubhouse will have a stand on both days of the festival. Feedback from last year

indicated that the stand was a little bland, so this time round the stand will be more colourful, featuring decorations made by the craft and sewing groups.

The organisers of the festival are very keen on craft demonstrations so part of our stand will be used to demonstrate crafts, sewing and art by Clubhouse members.

If you would like to help out on the stand with the demonstrations or handing out our promotional material see Diane at the American or contact her via [news@brighter-futures.org.uk](mailto:news@brighter-futures.org.uk)

If you go along to the festival as a visitor you will have a great time. If you do go, please call by our stand and say 'Hello!'

### 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.



### The 39 Steps at the New Vic

Members visited the theatre for a performance of John Buchan's 'The Thirty Nine Steps'.

Twelve members attended a performance of this comedy version of this well known story.

The play was very fast paced with four actors playing over one hundred and twenty roles.

At times the performers literally changed their roles when they changed hats.



#### A man, a plan?

Based on the famous novel of the same name the play tended to follow the original plot and then veer off into a comedic scene before returning to the main dramatic sequence.

This performance was the finest members have



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experienced for a while. The performers received a standing ovation after the finale when Buchan's hero, Richard Hannay gets the girl again.

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**@BFNW**



### Album Of The Month

This month **Music Man** reviews: *Still on My Mind* by Dido.

Born on Christmas day 1971 singer/songwriter, Dido Florian Cloud de Bouneville O'Malley Armstrong first hit the headlines in 1999 when her debut album *No Angel* sold over twenty one million copies and won her several awards. Thankfully by then she decided to just perform under the name of *Dido*, probably thinking that if not, at her gigs she would only be able to sell extra large t-shirts.

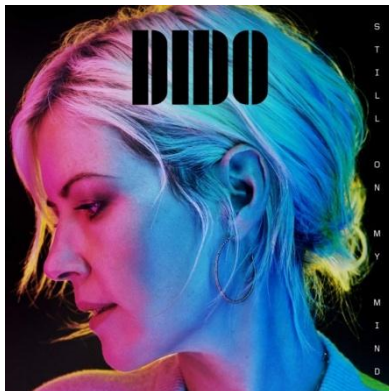
It's been five years since her last album; most of that time has been spent being a full time mum to her son Stanley who is now seven.

Track one and lead single *Hurricanes* is one of the best and certainly the most inventive song on the record. Starting off as a melodic gentle ballad before a mid-section of drumming where Dido sings the heartfelt chorus before ending as the song started.

Track two *Give you up* is another with a good tune, with a choir used to good effect.

*Hell after this* is more upbeat with a soft disco beat that works very well.

*Some kind of love* is a stripped back ballad and is perfect for the singer's delicate voice, accompanied by a gentle acoustic guitar.



*Take you home* is another song with a disco beat that works well, never overpowering the melody.

*Chances* starts quietly before building up to a climactic ending and is reminiscent of her big hit song *White Flag*.

Dido is quoted as saying *Walking by* is about the choices you've made and being happy. It's another lovely song, with mainly piano and gentle orchestration.

Final track *Have to stay* is the shortest at less than three minutes and is almost instrument free but works as her voice is so pure and natural.

Her fifth album is certainly a family affair, as with previous records she worked closely with brother Rollo (best known for his work with dance giants, *Faithless*) and also her young son, Stanley. He helped her to choose the pictures for the recording and also the track running order.

She tours this summer, taking her son with her as he loves trying out the instruments during the sound check. Maybe one day he will be in her backing band.

**Music Man**

### 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**



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### ***This month's Mindful Moments***

Mindfulness is not about trying to create a special feeling or experience.

It is about realising that this moment is already special.

**Anon**

Stress is the trash of modern life – we all generate it but if you don't dispose of it properly, it will pile up and overtake your life.

**Terri Guillemets**

Mindfulness is recognizing that we are becoming angry because we are running late, and then recognizing that we can choose instead to be calm and running late.

**Anon**

### ***twentyfourSEVEN***

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



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



This takes place on the first Wednesday of every month.

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

The 1<sup>st</sup> 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 £5.10 with proceeds going back into the catering network.



### ***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.

Do you volunteer with Brighter Futures? We would like to print your story about how you came to volunteer.



### ***Volunteer Stories***

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

#### **Brendon**

Brendon first became involved with Brighter Futures at Echo last September. As he has a passion for art he now helps with two groups. Firstly at the American on a Thursday 10:00am – 2:00pm. He is a painter and decorator by trade, but has also done sign writing and has worked as a martial arts instructor.

Brendon is also a qualified youth and community worker.

Brendon loves exercise as it helps with his mental health and says cycling and walking are two of his favourite activities.

On T.V. he likes nature programmes.

When he feels like a good read, Brendon would probably pick a spiritual type book.

He tries to eat healthily and has a meat free diet only eating fish, making him a pescetarian.

Brendon enjoys camping holidays as he loves the great



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outdoors and has an ambition to one day travel to America, to view the black hills of Dakota and Yellowstone park.

Finally in the future he just wants to help people achieve their potential through art, as well as continuing his paid work as part time painter and decorator.

## Local History



## Federation of the Six Towns

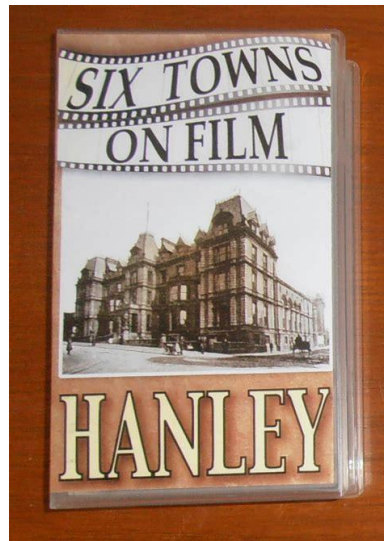
The federation of Stoke-on-Trent was the 1910 amalgamation of the six Potteries towns of Burslem, Tunstall, Stoke-upon-Trent, Hanley, Fenton and Longton into the single county borough of Stoke-on-Trent. An anomaly in the history of English local government, this was the first union of its type and the only such event to take place until the 1960s.

The 1910 federation was the culmination of a process of urban growth and municipal change that started in the early 19th century.

Little interaction between the separate settlements occurred until the 18th century when the pottery industry began to expand rapidly. By the early 19th century, initial steps had been

made to ensure greater co-operation between the Potteries towns over the issue of law and order. The county plan of 1888 made the first attempts to form the six towns into one county borough, following an act of Parliament that restructured the county system and created the administrative county of Staffordshire.

The first federation attempt was made in the early 1900's. In 1902, Hanley Council led attempts to form an expanded county borough, but disagreement over the complex financial issues of rates, assets and loans caused Fenton to pull out, quickly followed by Burslem and Stoke, and the proposal was abandoned in 1903.



The second and final federation process, between 1905 and 1910 was instigated by Longton Town Council with support from Stoke and Hanley and opposition from Fenton, Tunstall and Burslem. Issues again arose over the

financial settlement and discussions continued during the progress of the Federation Bill through Parliament.

The bill was passed in the House of Commons and was still under debate in the House of Lords when the six towns announced that they had come to an agreement. Passed in December 1908, the act came into force on 31<sup>st</sup> March 1910. The new Stoke-on-Trent was a county borough from then until 1974. In addition, city status was granted to Stoke-on-Trent by King George V on 1<sup>st</sup> July 1925.



## Open All Hours (Up 'Anley Duck)

Back in the late 1960s my parents bought a corner shop, a short walk from Hanley.

There was a junior school nearby and my mum liked the idea that my sister Jan and I would be able to come home at dinner time. (Never a lover of school I always had to be persuaded to go back.) The shop was well stocked with tinned food and we also sold sweets, milk, fresh butter, cheese, bread and veg. The sweets were all displayed in the main window



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and when we first moved in my sister and I would always grab a handful before going out to play, every child's dream, free sweets. However before our long we both noticed that our teeth were going black due to all of the sugar. After cleaning them we promised our dentist that we would drastically cut down on the amount we were eating.



The previous owners had a large family who used the shop. They assured my parents that when they sold up they would continue to come to us. Unfortunately this wasn't the case and so the shop didn't make much money, meaning my father still worked fulltime as a storeman.

We opened every day, but even when we were closed, regular customers would still come knocking on our side house door saying they just needed a bag of sugar or maybe tea.

Although we were now eating less sweets, another treat for us was butter or cheese. As we sold both loose we would often cut some off using the large wire cutter.

The shop till was very basic and yes it did have an 'Arkwright' type spring to hold the notes but it didn't try to snap your fingers off.

My mum was a lovely lady who liked to chat to customers but there was one who only came in

for a box of matches. She had a wealthy husband and nothing much to do. My poor mum could be stuck with her for thirty minutes or more, so we devised a system, where one of us would come from the living area to say something like she was needed on the phone urgently, or even the sink was blocked. I remember that the shop door had a loud bell, after a day out playing with my sister I would always shout, 'it's only me' so mum knew it wasn't a customer.

We had a very friendly bread man called Dave, who drove a very large van. One long school holiday he saw me looking very bored in the shop and said would I like to come on the round with him, to take the bread. At first I thought he must be joking but sure enough the next day I went with him. I had a great time. He had all of the bread in orders, so we knew the requirements of each shop, as we dropped off all over the potteries. I stayed with him for a few weeks then September came and unfortunately I had to return to school.

My summer with Dave is probably my best memory of the 'shop' especially as at the end of every week I got wages of £2.00!

**Granville**

### Jokes

This month we have a snorter, some rib-ticklers, a couple of chortlers and a full blown side-splitter!

I've just been to the zoo to see the meerkats. How disappointing. They knew nothing about car insurance.

My credit card company sent me a camouflaged bill. It's the hidden charges you have to watch out for.

I couldn't understand why the cricket ball kept getting bigger... Then it hit me.

My grandson was doing his history homework and he asked me what I knew about Galileo. I said, 'He was just a poor boy, from a poor family.'

My wife wants to leave me because she thinks I'm obsessed with astronomy. What planet is she on?

I used to think sticks and stones could break my bones but words could never hurt me – until I fell into a printing press.

I love face-painting. It's a lot of fun. Although you do need the person's permission.

I stopped buying women's magazines. The only time I ever see someone who looks like me is under the word 'Before'.

## Mike Moors Garden

### HOMEbase

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



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## Poets' Corner

This bit is for you. In each issue we like to include your poetry or creative writing. This month we have a couple of wonderful poems by Michael and one from Nobel Laureate Maya Angelou.

### American Clubhouse

When you're alone and life is  
making you lonely  
You can always go to the  
American Clubhouse

When you've got worries and  
life seems too much  
You can always go to the  
American Clubhouse

When you need someone  
to talk to  
You can always go to the  
American Clubhouse

When you need to sit quietly  
somewhere safe  
You can always go to the  
American Clubhouse

When you need to do something  
to take your mind off life  
You can always go to the  
American Clubhouse

When you need to make  
new friends  
You can always go to the  
American Clubhouse

When you need to express  
yourself in art and craft  
You can always go to the  
American Clubhouse

When you are hungry and  
need cheese on toast  
You can always go to the  
American Clubhouse

## To Care

To Care is to care  
To Care is to understand  
To Care is to give time  
To Care is to hold a hand  
To care is to give a hug  
To Care is to cry with someone  
To Care is to sit and listen  
To Care is to talk  
To care is to not judge  
To Care is to give all you can  
To Care is to love

**Michael**

## Still I Rise

You may write me down in  
history  
With your bitter, twisted lies,  
You may trod me in the very dirt  
But still, like dust, I'll rise.

Does my sassiness upset you?  
Why are you beset with gloom?  
'Cause I walk like I've got oil  
wells  
Pumping in my living room.

Just like moons and like suns,  
With the certainty of tides,  
Just like hopes springing high,  
Still I'll rise.  
Did you want to see me broken?  
Bowed head and lowered eyes?  
Shoulders falling down like  
teardrops.  
Weakened by my soulful cries.

Does my haughtiness offend  
you?  
Don't you take it awful hard  
'Cause I laugh like I've got gold  
mines  
Diggin' in my own back yard.  
You may shoot me with your  
words,  
You may cut me with your eyes,

You may kill me with your  
hatefulness,  
But still, like air, I'll rise.

Out of the huts of history's  
shame  
I rise  
Up from a past that's rooted  
in pain  
I rise  
I'm a black ocean, leaping and  
wide,  
Welling and swelling I bear in  
the tide.  
Leaving behind nights of  
terror and fear  
I rise  
Into a daybreak that's  
wondrously clear  
I rise  
Bringing the gifts that my  
ancestors gave,  
I am the dream and the hope  
of the slave.  
I rise  
I rise  
I rise.  
**Maya Angelou**

## This Month in the Clubhouse Calendar: April



**Pic: Dave Forrester**  
**Submissions for the 2020**  
**calendar are most**  
**welcome.**



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**twentyfourSEVEN Timetable****Monday**

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

**Tuesday**

Social Space – Games and Quiz  
Afternoon  
Walking group 1:00pm  
Open 9:00am – 9:00pm

**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

**Thursday**

Social Space  
Art, Pool, Board Games, Chat  
Open 9:00am – 9:00pm

**Friday**

Hand Massage by appointment  
only 12:00pm – 2:00pm  
Open 9:00am – 9:00pm

**Saturday**

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

**TEL : 0300 1231525****EXT: 1470****APRIL 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	29	30				

**Observatory Timetable****Monday**

Women Only Service Art and  
crafts, Relaxation, Bingo  
10:00am – 4:00pm  
Art Workshop  
Open 6:00pm - 8:00pm

**Tuesday**

Art Workshop  
Massage therapies by  
appointment only  
12:00pm – 2:00pm  
Open 10:00am – 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 – 3:30pm.  
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  
Make and Model  
10:00am – 2:00pm  
Training when available.  
Creative Writing  
1:00pm – 2:00pm.  
Games and Quiz afternoon  
2:00pm – 3:00pm

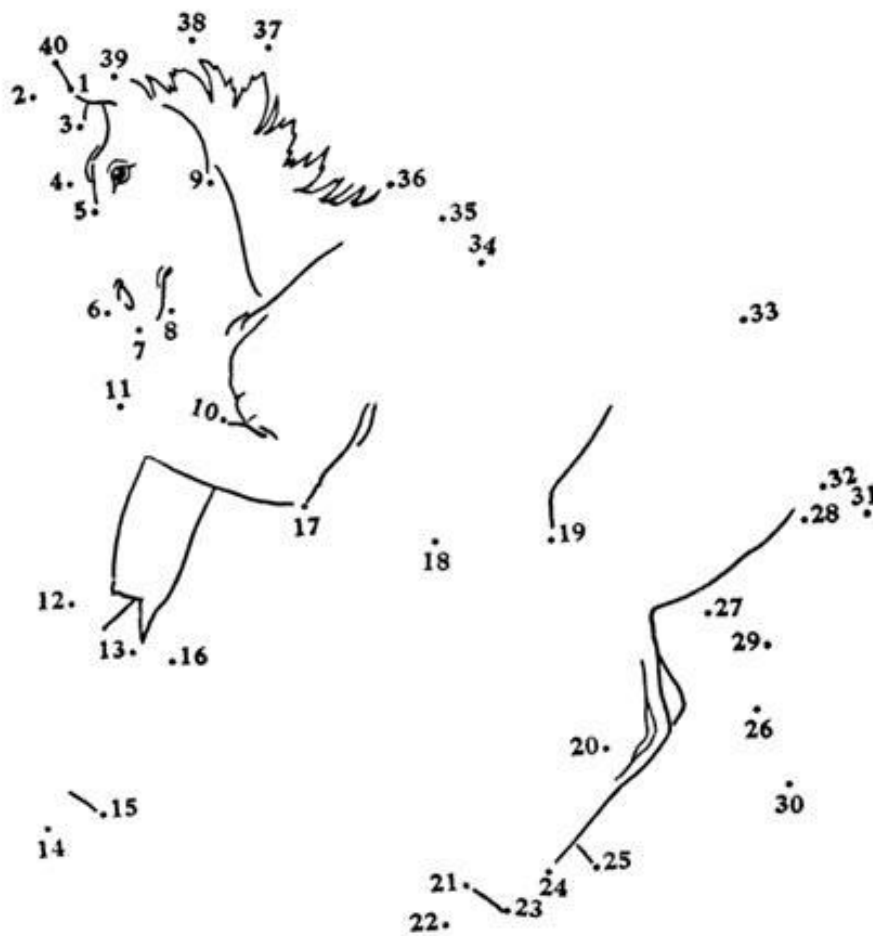
**TEL: 01782 835220**

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

**Passionate****Empowering****Sustainable****Creative****Equal**



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