

30th April 2019 Issue #23

Hello everyone, this is the twenty-third 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.

Members visited the New Victoria Theatre to see *Intemperance* a gritty story of a working class Irish family struggling in 19th century Liverpool p16



Captain Stingray's Groove Machine - Anything could happen in the next half hour. GigMan gives his verdict. p9

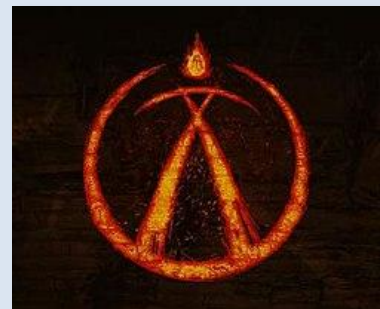
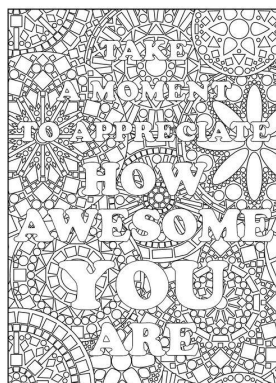
Arts and Crafts

See Debbie's fab Pictures p5

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Towers of Fun
Riding the Woodie p13

Dogs sniff out Bronze



Lucky, Dave, Vicky and Sasha

Lucky and Sasha passed their assistant dog training Bronze awards on 29th March 2019. This is for assisting their owners who have issues with mental health problems to get out and about in public spaces.

Sasha has also passed her silver award on 12th April 2019.

Both of these wonderful dogs help their owners to stay calm and help them when out of their homes. This brilliant pair of woofers have helped Vicky and Dave go to many new places without being frightened.

Sasha and Lucky are very special dogs indeed.

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!

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

(The solution is on the Clubhouse notice boards)

The Newsletter Online

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



Use the QR code or type in this URL

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

Photography Group

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

Colouring Group

The Colouring Group meets at the American Clubhouse (in the main room) on Thursdays 2:00pm – 4:00pm. All members are welcome. This group is facilitated by Charlotte and Jean. Please come along and take part in this creative and relaxing activity.



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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

Are you living with self harm?

Come along to our Echo group, for those aged 18+, and
talk in confidence to other people who understand how
you're feeling and find new ways to cope.
Relaxed, informal environment and creative activities.

WHEN:

Every Wednesday 10am-2pm

WHERE:

Newcastle Community Fire Station,
Knutton Lane, Newcastle under Lyme,
ST5 2SL

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

For more information call our Echo team on 07500 444 116

www.brighter-futures.org.uk



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What is Clubhouse?



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

Your monthly Newsletter is created by:

Assoc. Copywriter, Photographer: Charlotte Booth
Reporter, Photographer: Howard Dexter
Librarian, Runner: Phil Scoggins
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Proofreader: Pete Wynne
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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



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THE DIRECTORY Places members may like to visit

Name	Where	What
Impact Boxing	Brocksford Street Fenton	Boxing fitness classes.
Root and Fruit	Trubshawe Community Allotment Burslem	Learn how to grow your own food. On Facebook at en-gb.facebook.com/trubshawcross/
Kniveden Partnership	Leek	Gardening and growing, pottery, woodwork, Jewellery and alternative therapies.
Growth Point	Shelton Allotment Site	Gardening, growing. Tutor Led
Cultural Squatters	51/53 Merrial Street Newcastle under Lyme ST5 2AH	Cafe, Table Tennis, Art. One rule. Our rule. #bekind http://culturalsquatters.uk/
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. 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/
City Central Library	Bethesda Street, Hanley, Stoke-on-Trent, ST1 3RS Easy parking fairly 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 ‘ til 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. 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.



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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.



Debbie with her masterpieces!



Pulteney bridge crosses the river Avon in historic Bath



A proud red chested bird perches on a rock



Jean with a dungaree dress she has made for herself in the sewing group



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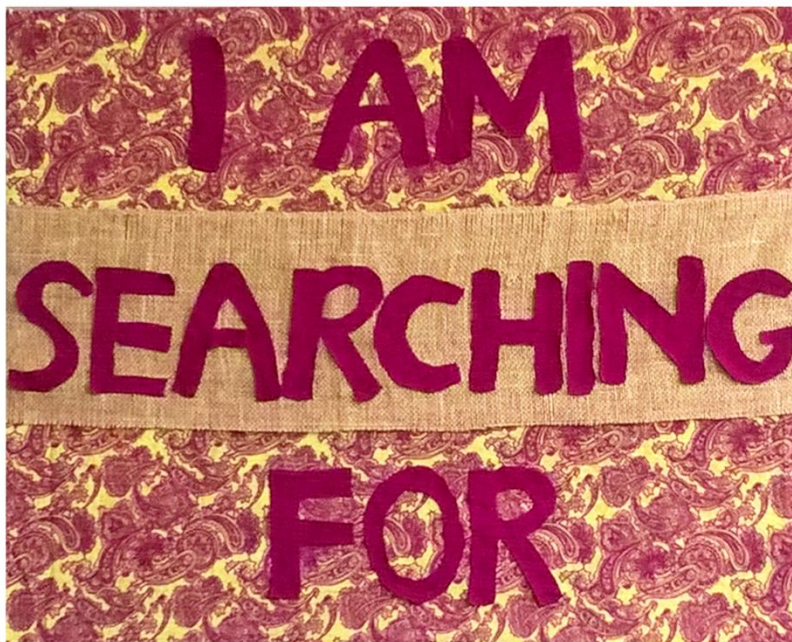
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CULTURAL TALENTS

13th - 24th May **FREE** Art Exhibition



Sculpture Painting Ceramics Poetry Crafts Music Dance

Mental Health Awareness Week

Art Workshops

Mon 13th	Willow Sculpture	10am-2pm
Wed 15th	Potteries Heritage Colouring Book	10am-2pm
Thu 16th	Medicine Wheels and Mandalas	10am-2pm
Fri 17th	Fairy Art Installation	10am-2pm
Fri 17th	Opening Event	3pm-5pm
Sat 18th - Friday 24th	Public Gallery	9pm-5:30pm

Venue: Cultural Squatters

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



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See the American sewing group's embroidered cushions!



This month at
Cultural Squatters!

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 three weeks at the American. Come along and help shape Clubhouse activities.

Discuss, gardening, Newsletter, events to attend with our publicity stand and more.

Clubhouse Walks

If you are interested in a gentle walk from any of the Clubhouses then please speak to a support worker.

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 raised £52. The winning number was 516. The prize was won by Keith S. The raffle was run by, and the prize created by Jean.



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Useful Contacts

Clubhouse Network:

The American - 835 220

The Observatory - 272 799

twentyfourSEVEN

0300 1231535 Ext. 1470

Brighter Futures Helpline -
0808 800 2234

Echo - 07500 444 4116

Safe Spaces Network - 811 815

North Staffs Mind - 262 100

Citizens' Advice Bureau -
0344 411 1444

advice@snsCab.org.uk

www.snsCab.org.uk

Changes - 413 101

Headway House - 280 952

Greenfields - 0300 790 0236

Sutherland Centre - 0300 123
1162

GrowthPoint - 0300 123 0907



Brighter Futures QR Code.

Scan to be taken to the Brighter

Futures website or use:

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

Pets' World: Lottie

Many years ago we had a lovely Cavalier King Charles spaniel called Millie.

She was getting older and we thought that she might like a little puppy friend. Not a good idea! We wanted another small dog so went for a black

smooth haired Patterdale Terrier and called her Lottie.

On seeing her, Mille was not a happy bunny (or doggy). The problem was Lottie was just too lively, energetic, bouncy, full of beans and slightly mad.



Millie decided that the only course of action would be to get as far away from her as possible and so for the first few months she decamped outside our bedroom, leaving Lottie in the kitchen.

Eventually Millie grew to like Lottie and they even slept on the same doggie bean bag.

We bought her from a local breeder and initially she was fine in the car until one day she was sick on the back seat. We weren't too concerned and thought it was probably something that she had eaten until it happened on every journey. This was a massive problem for us as we had a static caravan in mid-Wales and from Easter onwards we used it for weekend breaks and all our other holidays. I used to travel with her sitting on my knee to try and keep her calm as my wife drove, but it never worked. I remember one time on the

way to the van, we had just left the drive as we hit the first main road she was sick on me. Luckily I had a towel on my legs but the smell was horrendous. After I cleaned myself up the towel went in the next bin we passed and we drove the rest of the journey with the windows open!

The sickness got so bad for the poor dog we decided to get help at the vets. She prescribed tablets to sedate Lottie. This stopped her being sick and worked very well on long holidays at our caravan.

The problem was on weekend breaks; it took a while to get the medication out of her system. She only had a day to get back to her perky self, before being dosed up for the journey home again. Looking back we never regretted buying her but maybe Lottie was a good name for her as she certainly gave us a whole Lot(tie) of trouble.

Scooby-Doo

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.



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Regarding the referral Process
Speak to a member of the team on **01782 811815**.

Or on the Web:



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

Album of the Month

This month **Gig Man** reviews: a live performance by *Captain Stingray's Groove Machine* on 5th April at Hanley Museum and Art Gallery.

Formed in 2016 the band say their music is a fusion of Afro, Latin American, reggae, funk and rock!



I would say the two things most people notice on seeing the band play for the first time are their colourful costumes and the number of band members.



Groovy

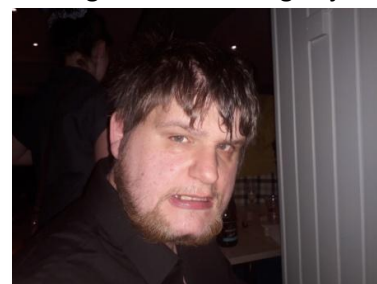
For this museum gig, there were six but sometimes with a brass section it can be eight. Lead singer, Ash Wall, sang and played lead guitar, joined by friends on keyboards and bass guitar. However, the percussion section is amazing and gives the band its unique style. As well as a player on a standard drum kit there is a standing drummer who plays a large set of bongos. Also for most songs they have a sitting drummer on tom-toms.

Many of the packed crowd had seen the band before and there was a big cheer when they said one of the band would be playing the 'log' which was a hollowed out tree section on a stand played with drum sticks, giving me the impression that they would hit anything that made a good sound.

The gig was split into three parts of about thirty minutes each, meaning the band and crowd had time to get their breath back. The *Groove Machine* doesn't do ballads.

The catchy single of a couple of years ago, *Ey Oh* still sounds good and went down very well as did *Dumarine*. The band do specialise in playing long songs like 'Congo' over ten minutes

and most of the time they don't stop between numbers making it a long jam.



Super-fan Carl

Super-fan Carl has been with the band from the beginning and helps out with tickets and merchandise. Seeing them play over 40 times.

Finally, older readers may remember Gerry Anderson's excellent puppet show, *Stingray* from the 1960's. The band makes great use of the title music before making their stage entrance. Featuring the great line, *Anything can happen in the next half hour*. For *Captain Stingray's Groove Machine* maybe that should be two hours.

GigMan

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A Passion To Play Again?

The Biddulph and District Youth and Community Orchestra needs you!

We're keen to bring in all instruments, played by young musicians and also by folk who may have played before and had to give it up when Life got in the way.

Rehearsals are held every Friday evening from 7:00pm until 8:30pm at the Victoria Centre in Station Road, Biddulph.

Want more details?

Phone Frank on:
01782 517238

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

Mindfulness

What is Mindfulness?

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

White Wind Zen Community

This month's Mindful Moments

We cannot live in the past; it is gone. Nor can we live in the future; it is forever beyond our grasp. We can live only in the present.

S. N. Goenka

When we stop dwelling on the past or worrying about the future, we're open to rich sources of information. We've been missing out on information that can keep us out of the downward spiral and poised for a richer life.

Terri Guillemets

Mindfulness is paying attention to the right things, and paying no attention to the wrong things.

Anon

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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



Etruria Canals Festival Help needed!

The Etruria Canals Festival will be taking place on 1st and 2nd 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 bunting and 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 giving out our promotional material see Diane at the American or



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contact her via
news@brighter-futures.org.uk
If you go along to the festival
as a visitor you will have a
great time. If you do drop in,
please call by our stand and
say 'Hello'.

This Month's Recipe

We hope you had a go
at making the
sweet and sour tofu
in Issue #22 of the Newsletter.
Here is another easy to make
and very tasty recipe, Quorn
Meatloaf. Never tried Quorn
before? Go ahead and make
this recipe, it's delicious.



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

340 grams bag Quorn mince
1 tsp olive oil
1 large onion, diced

1 green pepper, diced
1 clove of garlic, minced
2 tbsp BBQ sauce
½ tsp dried thyme
2 tbsp fresh basil, chopped
1 tbsp fresh parsley, chopped
6 tbsp fresh breadcrumbs
3 tbsp Parmesan, grated
2 tbsp vegetable stock
1 tbsp Worcestershire sauce
1 egg, beaten
Salt and pepper to taste
preheat the oven
to 170C, Gas 3.

Method

Grease and line a 2 lb loaf tin
with baking parchment paper
leaving sufficient paper to fold
down over the loaf when
needed. Heat the oil in a large
frying pan and sauté the
onions and peppers for 5
minutes until softened. Add
the garlic and cook for 2 more
minutes. Remove from the
heat and allow to cool for 2-3
minutes.

Stir in the Quorn mince, BBQ
sauce, thyme, basil, parsley,
breadcrumbs, cheese, broth,
Worcestershire sauce and
beaten egg. Mix well to ensure
that all ingredients are
combined and season well
with salt and black pepper.

Tip into the lined loaf tin. Fold
the baking paper over the loaf
to enclose it. Place on a baking
sheet and cook for 45 minutes.
Remove from the oven and
carefully unfold the paper to
release the steam. Reduce the
oven temperature to 150C –
Gas2, put the loaf in the oven,
uncovered, and cook for
another 20 minutes until set.

Remove from the oven and
allow the loaf to rest; initially
press down on it for a couple
of minutes using a tea towel;
being careful not to burn
yourself. Enjoy with roast
dinner vegetables.

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.

twentyfourSEVEN

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



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



Karaoke takes place on the first Wednesday of every month from 4:30pm till 7:30pm at *twentyfourSEVEN*. Don't worry you do not have to sing if you don't want to, just go along and enjoy listening to the tunes.

Sunday Lunch

Did you know you can get a delicious Sunday lunch at *twentyfourSEVEN*? Sunday lunch is served from 12:00pm-1:30pm and 2:00pm – 3:00pm. The cost is £4.25 with proceeds going back into the catering network.



Local History Stoke City FC

Stoke City Football Club was formed in 1863 as Stoke Ramblers Football Club by former pupils of the Charterhouse School whilst they were apprentices at the North Staffordshire Railway.

The club dropped the Ramblers from their name in 1878, and in 1888 they were founding members of the Football League. With the probable relegation of Notts County in the 2018-2019 season, Stoke City will be the oldest 'League' club in the World. In 1925, the club's name was changed for the final time to Stoke City Football Club when Stoke-on-Trent was granted city status. Stoke's fortunes have waxed and waned over the years with almost equal time spent between the first and second tier and some ignominious periods in the third.

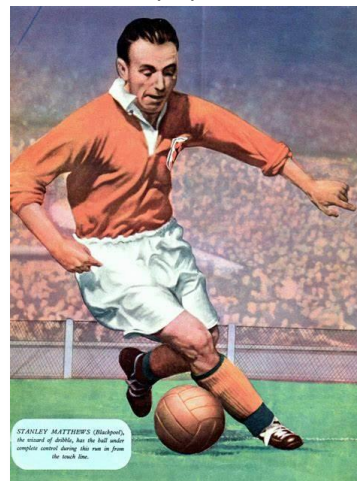
The club moved in 1997 to the (then) Britannia Stadium, a 28,383 all-seated stadium; having spent 119 years at the Victoria Ground. In the 2007–2008 season

In recent times Stoke won promotion from the Football League Championship in 2007–2008, the second tier of English football, and played in the Premier League from 2008–2009 till 2017–2018 when they were once again relegated to the second tier where they remain.

Stoke's only major trophy win was the 1972 Football League Cup, when they beat Chelsea 2–1 in the final at Wembley Stadium before a crowd of 97,852. The club have also won the Football League Trophy twice, in 1992 and 2000. In addition Stoke City won the Watney Cup in 1973 and are the current holders of this prestigious trophy.

In their centenary year Stoke played an exhibition match against the great Real Madrid and their 'Galácticos'.

In terms of league achievement the closest Stoke have come to winning the title was in the 1946–1947 season where a final day defeat cost Stoke the top spot.



Matthews in the colours of Blackpool with whom he won the 1953 FA Cup

Stoke have had numerous famous players play in their ranks over the years. Probably the two best known are Stanley Matthews and Gordon Banks. Sir Stanley Matthews, CBE (1 February 1915 – 23 February 2000) is often regarded as one of the greatest players of the British game, he is the only player to have been knighted while still playing football. Matthews, who grew up in Hanley, was an apprentice at the club and made his first appearance, aged 17, in March 1932. Matthews' nicknames included 'The Wizard of the Dribble' and 'The Magician'.



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At the end of his second stint with the club, Matthews was given a testimonial match which featured a Matthews XI versus an International XI (sometimes styled as Stoke City v The Rest of the World!). A galaxy of stars played in this match including Puskas and Eusebio.

World cup winning goalkeeper Gordon Banks OBE (30 December 1937 – 12 February 2019) joined Stoke City from Leicester for £50,000 in April 1967. Banks said that he had joined Stoke to try to win something. He got his wish when he faced Chelsea in the 1972 league cup final at Wembley. Goals from Terry Conroy and George Eastham saw Stoke win the game 2–1.

Next month, Port Vale.



Towers of Fun (Riding the Woodie)

Twelve months ago there was great excitement at Alton Towers as their wooden rollercoaster was unveiled to the public for the first time. Initially codenamed 'Secret Weapon 8'. 'Wickerman' cost £16 million and was the first

wooden coaster to be built in the UK for over 20 years.

The 'Roller coaster Club of Great Britain' has over 1000 members who were particularly excited as they give you a totally different experience from the tubular steel rides. Months before the official opening members posted online films showing the stunning ride structure and the long themed queue walk up area.

We were promised smoke and fire as well as speed and thrills. Importantly it wouldn't incorporate any loops, making it a ride that most of the family could enjoy. My youngest son, Tim has always loved roller coasters but had never ridden a wooden one. For many years I have wanted to take him to Blackpool Pleasure Beach to ride on one of their many 'Woodies'.

Now we had one on our doorstep at Alton Towers it was an opportunity too good to miss.



I had seen a Towers' publicity film made at night, showing the huge fire effects as the train sped through the 58' tall wicker style head that looked amazing. For this reason we planned the outing so the Wickerman ride would be our last of the day at dusk.

We joined a very large queue and were told electronically our wait time would be ninety

minutes. Although a long wait it gave us plenty of time to take photos as the ride came around. The wicker head was an incredible structure and many others had their cameras poised like us as we all tried to capture the moment the huge balls of fire would shoot up. There was great anticipation as we got closer to boarding and I won't spoil it for you but there are extremely well done audio-visuals before your terrifying journey! So what did we both think? In a word: brilliant. Although the speed is only 43.6 mph, much slower than some of the park's other thrill rides, it feels much faster because as with other wooden coasters it shakes you from side to side. In fact the manufacturers claim depending on the season and the weather the track will shrink or swell leading to many different ride experiences. By far the best bit is when the train passes through the head but interestingly the smoke effect is in fact fine water vapour so I had wet glasses, though I wasn't complaining. The ride lasted for three minutes and thirty seconds although we both said it seemed longer. The only disappointment was that we didn't have time for another ride. Tim and I have been on all of the park's white knuckle rides and Wickerman is maybe the best.

BraveDad



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City Places to Visit

Tunstall Park

Work commenced on Tunstall Park in 1897. This was overseen by council architect Absalom Reade Wood.



The lake and boathouse

The grade II listed park has a number of historic features including the lake and boathouse constructed in 1903/4 and the large clock tower donated by employees of William Adams and Co. The ornamental wrought iron gates are in memory of Thomas Peake and were donated by his children. The ceremonial opening of the gates in June 1908 was taken to mark the official opening of the park.

In 1911 the pavilion was added known as the Floral Hall.

The park is of medium size and makes for an interesting visit. Amenities include crown green bowls, fishing, play areas and a football pitch.

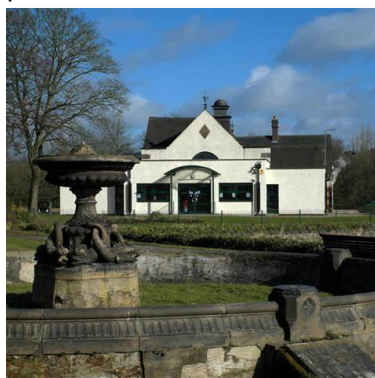


Tone your legs here

An exciting new addition to the park is a free outdoor gym, costing £12,000 and includes, chest and leg presses, a slalom skier and a cross trainer.

A further £725,000 is due to be invested in the park and users are being asked for ideas. Many people would like to see the boathouse restored to its former glory and a chance to hire a boat again.

There is a well used café that serves, tea, coffee, light snacks and meals at a reasonable price.



Have a cuppa in the cafe

The larger Floral Hall is often hired out for weddings parties and other events.

During the summer the park's bandstand plays host to local brass bands.

At the end of July the park's popular carnival takes place. Large crowds always gather for this free event. More details of what's on offer this year will be available on the park's website, closer to the dates.

Clubhouse Stories

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

This Month We Have Dave

Dave first came to the American ten years ago for the art group. He stopped attending for a while, but returned about four years ago as he felt he needed to get out of the house more to boost his mental health. Dave is now a very active member and loves making new friends at the American Clubhouse.



Dave

For trips and events he is often the first to put his name down and says he has had some great days out, including experiencing many top plays at the New Vic.

Dave is a coffee lover. Hobbies include playing pool, walking and fishing. He likes most types of music, though his favourite artist is American rapper Eminem.

On TV he enjoys most of the soaps and is a big fan of WWE American wrestling.



World Wrestling Entertainment

Dave likes watching films and says his favourite type would be horror.



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He enjoys travelling abroad and countries visited include Bulgaria, Republic of Ireland and Tunisia and says that if he had to pick a favourite it would be Tunisia.

Dave is a dog lover and has a Staffordshire bull terrier called Millie aged nine. Millie is a very soft and gentle animal.

Looking back on events he has been involved with; as a keen cyclist, he took part in a night time ride called Lullabyhub. Each bike was fitted out with fairy lights powered by battery and had a speaker that played ambient music. He said it was amazing to cycle round the city with others as crowds turned out to watch the night time spectacle.

Finally Dave would like to thank the staff for all their help and support and hopes to keep coming to the American for many more years.

Mike Moors Garden HOMEBASE

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

Trip to Stafford

On Thursday 11th April members took a trip to Springtime Stafford.

Everyone met at Hanley bus station and took the number 101 down the A34.



**Phil B, Lee and Sue
catching some
springtime rays.**

Everyone enjoyed this sunny but chilly day out in our historic county town. As usual a look round the shops and taking refreshment in one of the many local eateries were on the 'to do' list.



A peaceful walk round the beautiful park finished off the trip nicely.

Volunteering

There are many different volunteering opportunities within the Clubhouse Network.



Volunteering can be very beneficial and help develop skills, such as communication, gardening, 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.

Student Stories

This month's student is Charlie who tells us about her placement with for Brighter Futures.



Charlie

Charlie started her student placement in January and has mainly worked at the American, but has spent some time at ECHO and *twentyfourSEVEN*. Her course at Staffordshire University is due to finish in July 2020 and next year she will be doing a placement with children. However following her time with us, one day she would like to work with adults with mental health needs. Charlie loves music both listening and playing. Stating most of the best songs were written in the 70s and 80s.



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She has played music from age six when Charlie was given her granddads cornet and two tier organ. At the age of nine she joined her first brass band and has played for bands based at Trentham, The British legion, Florence and Rode Hall.

These days, due to studies Charlie plays less but occasionally toots for Florence brass band.

In June, Charlie hopes to see *Brassed Off* at the New Vic, based on the film featuring a colliery band.

She loves Harry Potter and Greek mythology books. Charlie loves horror films, and two of her favourites would be 'Friday 13th' and 'The Texas Chainsaw Massacre'.

Charlie likes theme park rides and her boyfriend of three years is due to take her to Alton Towers for a birthday treat where she wants to ride 'The Wicker Man'.

She has a dog called 'Des' a lakeland cross, her angel because he never answers back!

In the summer Charlie loves holidays and even though she has traveled abroad, her favourite place to escape is Towyn where she has a static caravan.

Finally, Charlie says that she has loved her time with us and would like to thank all the staff and customers for their help and kindness.

She is due to leave at the end of May, but still hopes to call in to see us all whenever she can.



Intemperance at the New Vic

Members visited the theatre for a performance of *Intemperance*, written by Lizzie Nunnery and directed by Zoë Waterman. The play was performed by the New Victoria Theatre's own hugely talented and versatile company.



Krissi Bohn

Set in the slums of Liverpool 165 years ago Millie (Krissi Bohn) dreams of a better life away from her one room cellar dwelling. Pregnant Millie already has two children and cholera is rife and infant mortality extremely high. The story tells the often heart rending story of people trying to escape and better their lives ultimately failing due to their

stricken circumstances being just too overwhelming.

Although this play is ultimately a tragic tale the mood is lifted by some great jokes from the character of Millie's granddfather Fergal (John O'Mahony).

The play is interspersed with jigs and reels played sung and danced by the cast.

Everyone did enjoy this performance despite its grim theme. At the end of the show some members were able to go backstage and meet the cast and crew.

Jokes

This month we have a selection of jokes that are just too good for the repertoire of Little and Large.

Thanks to all of the people who helped me define 'numerous'... it means a lot.

I think my wife is putting glue on my antique weapons collection. She denies it but I'm sticking to my guns.

I just bought some Armageddon cheese. It says on it, 'Best before the end of the world'.

The shovel was a ground breaking invention.

I've just been asked to join the slimming world website and it asked me to accept cookies. I think it's a test.

My mate's wife's leaving him over his rugby obsession. He's asked her for one last 'try'.



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Poets' Corner

This bit is for you. In each issue we like to include your poetry or creative writing and sometimes something from a literature great. This month we have a fab poem by Adrian and one from Christina Rossetti.

The Big Question

I look around and I can see
Planet Earth a speck in
eternity
A tiny bubble in the black of
space holding inside the
human race
Amongst the stars there may
be more visiting the Earth on a
guided tour
Surely we are not alone
The only ones with skull and
bones
They say that God made us all
Just one man that task is too
tall
Were we from another star
light years away
Left in state of disarray
We found a new home
pleasant and Green
One to thrive in and make a
dream
So, God may not have been
our maker
Just a story that came later
So where did our life really
start?
May be on a planet now Fallen
apart
Adrian

Sleeping at last

Sleeping at last, the trouble
and tumult over, Sleeping at
last, the struggle and horror
past, Cold and white, out of
sight of friend and of lover,

Sleeping at last.
No more a tired heart
downcast or overcast, No
more pangs that wring or
shifting fears that hover.
Sleeping at last in a dreamless
sleep locked fast.
Fast asleep.
Singing birds in their leafy
cover cannot wake her, nor
shake her the gusty blast.
Under the purple thyme and
the purple clover
Sleeping at last.

Christina Rossetti

This Month in the Clubhouse Calendar: May



Pic: Chris

**Submissions for the 2020
calendar are most welcome**

Everything Stops For Tea

Tea is Britain's favourite drink.
Here are some 'tea' facts:

1. In the UK we drink around 60 billion cups a year.
2. In the age old debate: does the tea or the milk go

in first? Twinning's wrote
on their website
'Historically putting the
milk in first was to protect
the fine bone china cup'.

3. Brits have had tea breaks for more than 200 years. Work used to start at 6am, so employers would allow a break in the morning for tea and food.
4. A tea break is a great place for office gossip – 80% of us say we find out more about what's going on at work than at any other time.
5. The first ever tea bags were created by New York merchant Thomas Sullivan in 1908. They proved to be very expensive as they were made from silk.
6. Cold tea is believed to help soothe sunburn.
7. Our tea obsession started in the 18th Century when it was imported from India and China and became popular among the upper classes.
8. All tea comes from the leaves of the Camellia Sinensis, a small tree native to Asia.
9. Tea is good for you, it contains antioxidants called polyphenols that repair cells, to help fight off diseases.
10. It's a myth we drink the most tea. We are only third after Turkey and Ireland.



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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

Sunday

Sunday lunch.
12:00pm-1:30pm and 2:00pm –
3:00pm

TEL : 0300 1231525
EXT: 1470

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

May 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.



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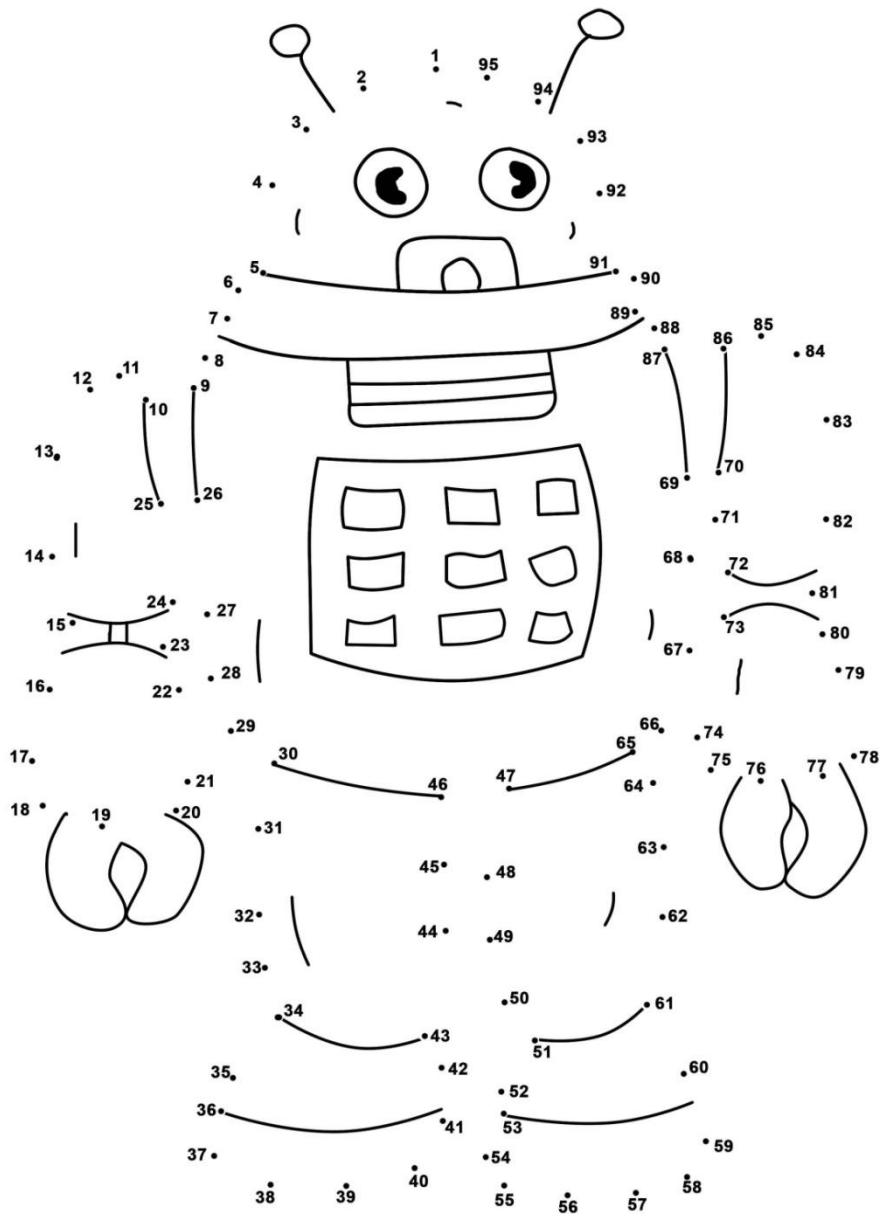


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Express your Artistic Side, Try out this Dot-to-Dot



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Mindful Colouring

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



brighter futures
creative support, housing and employment