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Welcome to Issue #24

Hello everyone, this is the twenty-fourth 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.

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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 and text version are on the desktop of the customer computers at The American for you to read or listen to. Feel free to make copies.

If you would like to receive the newsletter by email ask Howard or Mark. You can also send a request with 'subscribe' as the subject to news@brighter-futures.org.uk to be put on our emailing list.

Have fun with this Sudoku Puzzle!

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

(The solution is on the Clubhouse notice boards)

The Newsletter Online

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



Use the QR code or type in this URL

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

Photography Group

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

Colouring Group

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



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Cultural Talents

Cultural Talents exhibition at Cultural Squatters in Newcastle showed off the range of artistic talents of Clubhouse members. The whole Cultural Talents project has been a great success.



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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, Boothon, Stoke-on-Trent ST4 5AW	Wednesday – Friday 10:00am – 2:00pm An excellent cafe with great food at great prices. Community activities. westendcommunitycentre.weebly.com/
SpoonFull Café	b-Arts 64-72 Hartshill Road Stoke-On-Trent. ST4 7RB	Bi-annual Pop Up Café. Excellent food and music. http://www.b-arts.org.uk/
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.

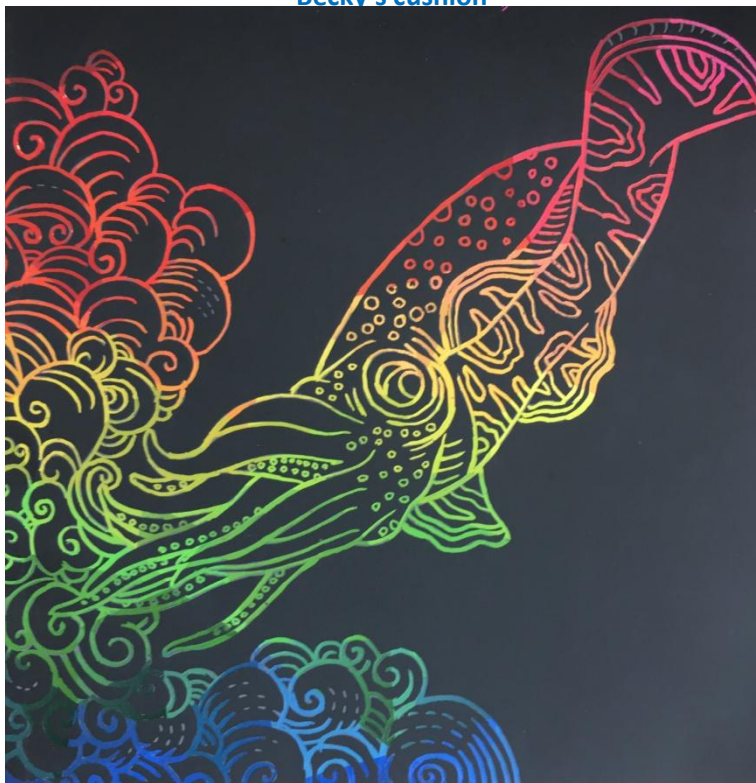
Making art and crafting are effective therapies for people with mental health difficulties and are enjoyable in their own right giving a tremendous sense of achievement when completed.



Becky's cushion



Becky's first ever sewing project is this brilliant cushion made for Helen



Cunning Colourful Cuttlefish



Charlotte has made these Super Scratch pictures



Everyone is a Star



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Much loved support worker Helen leaves Clubhouse



Helen With her cards and leaving gifts

Helen's energy and passion for her work and desire to improve the lives of the people at Clubhouse will be sorely missed.

Helen loved working with members on the Mike Moor's garden and members are continuing to care for the plants. Helen has gifted a rose for the garden.

Helen tells us something about her time with Brighter Futures and Clubhouse.

I first joined Potteries Housing (now Brighter Futures) in 2005 as manager of community housing. Eighteen months later I joined the American as a support worker which was quite a change in direction. I have been most happy at The American. I have seen many changes to the team and the building itself. The complexity of peoples support needs has increased over the years. The Clubhouses have evolved; there are so many new and different groups. Customers have taught me so much and people's strength is incredible. We have had great times BBQing, celebrated Independence Day, and Halloween parties. It has been a real pleasure working for Brighter Futures; I have had great support over the years. I have enjoyed working at New Days, The Observatory and twentyfourSEVEN. I won't be a stranger to the American.

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 Arts raffle raised £27. The winning number was 451. The prize was won by Babs (again). The raffle was run by Jean.

Tombola

Donations for the Independence Day tombola are urgently needed. Please give your donations to Jean.



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...ous entertainment from Charlotte.

Charlotte attended a fun day at Trentham Gardens to raise funds for the Donna Louise Trust.



Charlotte had her full spidey-sense on the go. Lots of kids (and big kids) enjoyed Charlotte's get up and she had a great time entertaining the crowds.

Pets' World: Alfie

My name is Jean and I have a very special friend. His name is Alfie and he is a smooth haired Chihuahua dog. Alfie came into my life in March this

year and from day one he brought happiness into my life.

Alfie is a little bundle of joy that is always on the go and is full of energy. He likes nothing more than running up and down the house dragging his raggy kitten toy, wow, that kitten has gone through the wringer.



Alfie

They say that dogs are man's best friend but I'm not sure about that where Alfie is concerned, he doesn't seem to like men at all, barking non-stop when they are near him. He is very good around other dogs though, always wanting to play with them as soon as he meets them though I think they probably think twice when Alfie begins nipping at their tails.

I take Alfie up to fields near to me for a walk every day where I am able to let him off his lead with confidence that he will not run away.

Alfie has not been with me for very long but already I cannot

imagine my life without him in it.

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 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>

Mindfulness

What is Mindfulness?

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

mindful.org



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This month's Mindful Moments

Learn to say no to demands, requests, invitations that leave you with no time for yourself. Until I learned to say no, and mean it, I was always overloaded by stress.

Holly Mosier

Don't worry about what the world needs. Ask what makes you come alive and do that. Because what the world needs is people who have come alive.

Howard Thurman

Imagine a culture in which everything is geared toward helping all individuals become the best human beings they can be; in which individuals are driven to devoting their lives to becoming enlightened by the natural flood of compassion for others that arises from their wisdom.

Robert Thurman



Album of the Month

This month *MusicMan* reviews 'What's the Story Morning Glory'.

This is the third highest selling studio album of all time in the UK.

In future issues *MusicMan* will review the best and second best selling albums in the UK.

Released in 1995 at the height of Brit-pop 'What's the Story Morning Glory?' spawned a massive six hit singles. Twelve months before their debut album 'Definitely Maybe' had been very well received by the critics but 'What's The Story?' would go on to be a global best seller. Although a commercial smash, the record initially was only given lukewarm reviews with many deeming it inferior to 'Definitely Maybe'

Track three 'Wonderwall', a Karaoke favourite is probably the best known song on the CD but there are many other top tracks, including a favourite of mine 'Don't Look Back In Anger' with the great line 'So Sally Can Wait'. Though I must admit I never found out who Sally was.

Track ten and title song 'Morning Glory' is a crowd pleaser and one the band played live for many years.



Moody or what?

There are many hidden gems to be found that weren't released as singles. I worked

with a lady whose favourite was 'She's Electric', it is a great song and even now I always think of her when I hear it. Track two 'Roll With It' is another rock song that has stood the test of time well. Many records can often be weak in the middle after starting well but this doesn't apply with 'Morning Glory'. The Track 'Some Might Say' is a melodic rock song and is another favourite of mine. This is followed by 'Cast No Shadow' where the band used acoustic guitar and orchestration to great effect.

The album ends with arguably the best track 'Champagne Supernova' at seven minutes and thirty seconds; building up quietly before a heavier melodic middle section is introduced.

The feuds of the Gallagher brothers, Liam and Noel have been well documented over the years.



Sibling rivalry

During the recording of the album in Wales, Liam brought a group of people back to the studio while Noel was trying to work. Noel responded to this disruption by reportedly hitting his brother over the head with a cricket bat. The bat was rescued from the studio by writer Paolo Hewitt and later sold at auction.



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The band split up many years ago, although both are now still active in very successful solo projects. There have been many attempts made for a reunion but even if that ever happened it's hard to see them ever surpassing 'Morning Glory'

MusicMan

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@BFNW

This Month's Recipe

We hope you had a go at making the Quorn meatloaf in Issue #23 of the Newsletter. Here is another easy to make and very tasty recipe, turkey cannelloni.



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.



Salad or Chips Obsv.

Ingredients

1 tbsp oil
2 small onions, one chopped, one halved (save one half for cheese and onion butties)
4 bay leaves
2 cloves garlic, crushed
450g turkey mince
250ml chicken stock
1 tin chopped tomatoes
2 tspns dried oregano
¼ tspn ground mace (for the turkey)
Pinch of mace for the white sauce
salt and freshly ground black pepper
12 - 16 cannelloni tubes
25 g butter
25g cornflour
450 ml milk (whole is tastiest)
125g cheddar cheese, grated
15g parmesan cheese, grated
Salt and black pepper

Method

Preheat the oven to 190° C, Gas Mark 5. In a small saucepan add the milk, one

half of an onion, two bay leaves and a pinch of mace. Warm very, very gently while preparing the turkey sauce.

Heat the oil in a saucepan, add the onion and garlic and cook until softened. Add the minced turkey and cook for a further 4-5 minutes. Add the tomatoes, oregano, mace, two bay leaves, and seasoning to taste, stir well and simmer for 30 minutes. Add a little chicken stock if the sauce becomes too dry. Allow to cool slightly.

Use the turkey mixture to fill the cannelloni tubes and place them into a shallow ovenproof dish.

Melt the butter in a saucepan, add the cornflour and stir together; cook for 1 minute. Remove from the heat and gradually stir in the milk. (Remove the onion and bay leaves) Return to the heat and bring to the boil, stirring continuously. Remove from the heat, add the Cheddar cheese and season to taste. Pour the sauce over the filled cannelloni, sprinkle with grated parmesan cheese and place into the preheated oven. Bake for 35-40 minutes, until golden brown.

Clubhouse Stories

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

This Month We Have Jane

Jane has seen many changes at The American since she



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joined twelve years ago, but calls in every day as she feels it helps her with her mental health. Jane is a volunteer and works with Pam in the cafe twice a week where she enjoys chatting to her customers. As a lover of local news Jane reads the Sentinel daily and watches the midlands news on television.



Jane

Jane likes home cooking and two of her favourites are sausage with egg and chips and spaghetti Bolognese. When dining out Jane always goes for pizza.



Recently Jane enjoyed a holiday in Blackpool, her first since 2008. She said the hotel

was great with entertainment every night and wants to go back again soon.

Mondays are important to Jane as she receives a lot of help and support from Rachel at the **ECHO** group.

Jane is not a big cinema goer but if she had to pick a favourite film she would choose Warhorse.

Saturday morning sees Jane venture to 'twentyfourSEVEN' to sample the free tea and toast on offer there.

Listening to music is something Jane enjoys and she has a large selection of songs on her MP3 player. She enjoys Phil Collins and listens to him a great deal.

In the summer Jane enjoys riding her bike to help keep her fit.

Finally Jane hopes to keep coming to the Clubhouse for many years.

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brighterfuturesNW

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.



Local History Port Vale FC

Port Vale Football Club was formed in 1876 and took its name from the



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from the inaugural meeting at Port Vale House in a suburb of Stoke-on-Trent. The club are one of the few in the league with no geographical reference in their name.

From 1880, Vale played their football at Limekiln Lane, Longport. Other grounds where the club played include, Moorland Road Burslem and the Athletic Ground in Cobridge. In 1912 Vale transferred to the Old Recreation Ground in Hanley. This allowed the club to regularly host over 10,000 spectators. However it wasn't until 1950 when the move to the impressive Vale Park was made. During its construction the ground was dubbed, 'The Wembley of the North' it was anticipated that it would have a capacity of 70,000. The artists' impressions of the stadium were said to be amazing. Unfortunately the club were never able to raise the huge funds needed to finish the project.

In 1953-1954 season, Port Vale had their best season ever by romping home to win the League Division 3 title, losing only three games and conceding just twenty one goals whilst also reaching the semi-finals of the FA Cup losing to West Bromwich Albion.

The 1960's provided few highlights in the league, though again there were other good runs in the FA Cup including a draw with

champions elect Liverpool in 1964. By 1968 following a barren run the club had the ignominy of having to seek re-election to the Football League.

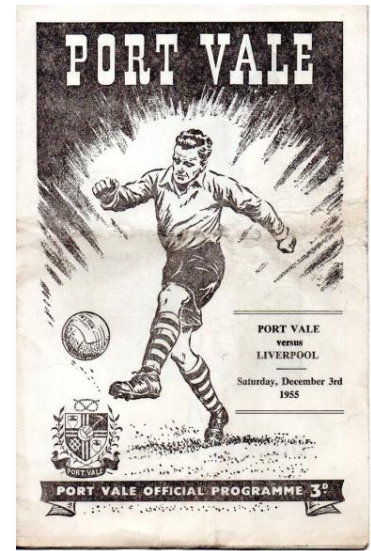
Soon after, Gordon Lee became manager, and in 1970 the club gained promotion from the old League Division 4 to League Division 3; however in 1977 Vale were again relegated to the fourth tier.

Fortunes changed in 1982 when a new management team of John McGrath, manager and John Rudge, coach gained promotion. McGrath left soon after and the club promoted Rudge to manager.

This was to be the best appointment the club had ever made. J.R. Stayed for sixteen years from 1983 to 1999 winning three promotions and victory at Wembley in the Football League Trophy. He had an uncanny knack of finding quality non-league players like Andy Jones from Rhyl and Ian Taylor from Moor Green. Plus fans favourite Robbie Earl released by Stoke City as a youngster.

These players would be developed by Rudge before then going on to play in the top division. The income gained from the sales also helped the club to stay afloat. Rudge also masterminded many cup shocks including victories at Derby County and Tottenham at home. The best of these shocks though came

in 1976 when the Vale defeated FA Cup holders Everton 2 -1 at Vale Park following a draw at Goodison. Like many lower league clubs Vale have often fallen on hard times and have twice been in administration in 2003 and 2012.



FA Cup Port Vale v Liverpool 3rd December 1955

In recent years Vale fans have had very little to shout about until in 2013 the promotion team led by manager Micky Adams was the first for nineteen years. This was largely achieved by the thirty three goals scored by Tom Pope. Vale fan Tom is still playing and has now scored over one hundred goals.

Several years ago fans started a fund to build a statue for Roy Sproson. Roy played the most games ever, eight hundred and forty two between 1950-1972. Standing at sixteen feet the name of Phil Sproson is also on the statue as he played five hundred times for Vale



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making him second in the all time appearances for the club; Phil being the nephew of Roy. While every Vale fan would agree that John Rudge was the club's best ever manager, few would disagree that Jim Gannon was the worst. Gannon only lasting ten weeks and in 2011 following a bust up with assistant Geoff Horsfield bizarrely got off the team bus that was on the way to play Aldershot.

In 2013, controversial owner Norman Smurthwaite arrived. He was popular at first as he arrived during the Mickey Adams promotion season. However years of mismanagement and decline followed. Smurthwaite was unhappy with fans protesting and in April of this year told the media that unless a buyer could be found he would withdraw all funds plunging the club into administration for the third time.

Fortunately on 7th May 2019 local business owners Carol and Kevin Shanahan bought the club and fans are hopeful for a brighter future.

Valeite

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

twentyfourSEVEN

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



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.



On the Buses

Although I have always preferred to travel by train, on the whole

buses are cheaper and I have had some interesting experiences.

I had a crazy journey to Doncaster in the early 70^s Port Vale were playing and we traveled by PMT. In those days they didn't always put a coach on and for this trip it was a normal service bus.

We left Hanley, the bus got to cobridge traffic lights then broke down. The driver messed around with the engine for a while before informing us it couldn't be fixed and so he would have to phone for a replacement bus. Following a long wait another arrived with smoke billowing out of it's exhaust and we thought that doesn't look too good. We were right, so now we had two broken buses.

However the second driver looked at the first bus and said given time he thought it was possible to repair it. This he duly did. The problem was the delay meant we didn't get to Doncaster until half time. The chap on the turnstile tried to cheer us up by telling us Vale were winning one nil. We went on to gain a rare away win, but it would have nice to have been there from the start.

A few years later I travelled by coach with my girlfriend Sue to the Cotswolds Village of Bourton-on-the-Water.

A few miles away from our destination it started to rain very heavily. In fact it was so bad, on our arrival one young couple decided to stay on the



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coach. Our view was what's the point of a day trip if you don't see anything. Even though we both got soaked the village was beautiful, though we decided to change the villages' name to Bourton-under-Water.

My final tale involves a coach trip to Germany for Oktoberfest. I went with a group of friends in 1978. None of us were big beer drinkers, we just wanted to sample the culture, music and atmosphere. The main event is held in Munich, but there are smaller festivals in other cities including Frankfurt and Stuttgart.



Oompah, oompah stick it up your jumpah

We travelled by coach to Dover before boarding the coach to Calais, then on to Belgium and Germany. The trip was for a week and it felt like most of time was spent on the coach. Often to get to another festival it was six or seven hours, meaning a change of driver.

I remember being told one day it was a short journey of only four hours. Luckily for us as well as Stoke the coach had picked up in Birmingham and one guy walked up and down the coach doing impressions of Frank Spencer, Tommy

Cooper, Bruce Forsyth and many more so this helped to break up the long journeys. We did enjoy the festivals.

The traditional costumes were great, the guys in lederhosen and the girls in traditional dresses. I remember the female staff being able to hold three large beer steins in each hand and people dancing on wooden tables as the oompah band played. So a great trip but I would never do it again by coach.

At my age I think that I would now lose the will to live. 😊

Blakey

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.



City Places to Visit Churnet Valley Railway

This month we move a few miles from the city to ride on the Churnet Valley line.

This picturesque heritage railway is ten miles long and the area is often known as Staffordshire's Little Switzerland.



Our locomotive Whiston

We started our journey at Froghall where there is a tearoom and souvenir shop. There are four stations on the line and each one is kept in the style of the 1950's – 1960's. From milk churns on the platforms to metal advertising boards on the station walls for brands like OXO, Pears Soap and Bisto gravy. There are diesel weekends but we wanted to see the steam locomotives and we were not disappointed. Maybe it's a male thing but from an early age we have both loved the sight and smell of steam.

The journey from Froghall to Cheddleton at the end of the line takes forty minutes



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approximately. Although there is a stop at Consall, the main attraction here being the two hundred steps of the Devil's Staircase.



The views through the coach windows are delightful as sections follow the Caldon canal and the river Churnet and there were lots of friendly waves as we travelled past walkers and narrowboats. Initially our train took us just past Cheddleton to Leek Brook junction. This was where the locomotive is switched to the other end of the carriages via a passing loop. We were advised that this would take around ten minutes giving passengers time to leave the train to stretch their legs and for us an opportunity for a photo shoot of locomotive No. 3694 Whiston our shiny green 060 tank engine (on loan from other local heritage steam railway Foxfield).



On our arrival in Cheddleton we both enjoyed a coffee in the café before boarding a train back to Froghall. The cost of an all day rover adult ticket is £14.00 which

may seem a little expensive but railways cost an incredible amount of money to restore, run and maintain. The staff are mostly volunteers which will help to bring down the costs somewhat.

Throughout the year there are many themed weekends. Check the CVR website for details where you will also find dining experiences and even a day driving a steam locomotive.

The Staffordshire FA Mental Health Football Tournament

On Saturday May 18th Brighter Futures Clubhouse and Furlong customers along with 3 staff members participated in a Staffordshire F.A sponsored football tournament in Penkridge.



Director of football Mel ready to give the lads the hairdryer at half time

We entered two 6 a-side teams into the tournament alongside 4 other teams from the county. It was a tiring afternoon with teams playing 5 matches of 20 minutes each with the two top teams playing off for the winners' trophy. Unfortunately, there were some younger and fitter teams in the competition, so

we didn't win but it was a great afternoon out and the players gave their all.

Inside Brighter Futures

There are many sectors to Brighter Futures. These are known collectively as the 'Schemes' of which the Clubhouse Network is one.

Each month we will be featuring someone from one of the Schemes.

This month we have Nicola who is Brighter Futures Marketing and Campaign Manager.

Before working at Brighter Futures Nicola was Marketing Manager at veterinary charity PDSA. She was involved in PDSA's rebrand and delivered brand workshops and marketing support across the organisation. Nicola has also worked in a marketing agency and in media sales.



Nicola

Nicola loves animals and has two beautiful black cats that



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she's had since they were kittens. Sadly, Nicola had to say a tearful goodbye to her much-loved dog only weeks ago. Nicola says she's sure she's heard him still snoring up there! The upside, she says is her lawn is looking perkier with no dog to 'water' it.

Nicola says she's getting back into running after a bit of a break and has two half marathons booked later in the year. She says she harbours a niggling desire to run a marathon but thinks that's for next year! She also enjoys weight training and bootcamp classes and is even a qualified spinning and gym instructor herself.

Nicola loves visiting far away destinations and her favourite so far – Thailand; beautiful scenery, great food and fantastic people. What's not to love? Controversially, Nicola watches no soaps on TV but says you can't beat a bit of Game of Thrones or a David Attenborough special!

In her role at Brighter Futures, Nicola is responsible for marketing and campaigns which is she says is essentially promoting Brighter Futures. This includes everything from handling media, producing literature for the website and everything in between. Nicola says the days fly by as there's always so much to do. She says it's great to share the positive things going on across Brighter Futures and working

on projects like the recent eBook 'Our Stories', seeing everything coming together and customers sharing their stories was a real privilege. She says it's also great to announce we've been shortlisted as finalists for the Social Enterprise Mark competition on 19th June in Aston, Birmingham.



Martha, Josie and the Chinese Elvis at the New Vic

This colourful northern comedy was full of witty one liners but also earth shattering home truths.

Josie runs her business from home where there are very funny scenes involving a French maid's outfit and a feather duster.



Jun Hwang as Timothy Wong

Josie's cleaner Martha suffers from OCD and before carrying out each task has to count to five. At the start of the play Josie's daughter Brenda-Marie is in mourning for her sister

Louise who surprisingly turns up alive and well in Act II.



'Elvis' and Josie

One of Josie's oldest friends Lionel wants to give her a fiftieth birthday to remember and brings along a rather dodgy Chinese Elvis impersonator.

Members were singing along to the songs and had a great night out.

Jokes

This month we have a selection of jokes. Cheese 'n' Onion were never this good.

I thought I'd tell you a good time travel joke – but you didn't like it.

My teacher asked me to characterise myself in five words. I wrote: Quite Lazy

I almost got caught stealing a board game today. But it was just a **RISK** I was willing to take.

My girlfriend is a real stunner. She has her own Taser.

My partner said where's the cheese grater? I said, some say France but I say England.

Why were the Star Wars films released in the order of 4, 5, 6, 1, 2, and 3? Because directed by Yoda they were.



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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 lovely poem by American genius Henry David Thoreau.

Away! away! away! away!
Ye have not kept
your secret well,
I will abide that other day,
Those other lands ye tell.

Has time no leisure
left for these,
The acts that ye rehearse?
Is not eternity a lease
For better deeds than verse?

'Tis sweet to hear
of heroes dead,
To know them still alive,
But sweeter if we earn their
bread,
And in us they survive.

Our life should feed the
springs of fame
With a perennial wave,
As ocean feeds the
babbling founts
Which find it in their grave.

Ye skies drop gently
round my breast,
And be my corselet blue,
Ye earth receive my lance in
rest,
My faithful charger you;

Ye stars my spear-heads
in the sky,
My arrow-tips ye are;
I see the routed foemen fly,
My bright spears fixed are.

Give me an angel for a foe,
Fix now the place and time,
And straight to meet
him I will go
Above the starry chime.

And with our clashing
bucklers' clang
The heavenly spears shall ring,
While bright the northern
lights shall hang
Beside our tourneying.

And if she lose her
champion true,
Tell Heaven not despair,
For I will be her
champion new,
Her fame I will repair.



Everything Stops For Coffee

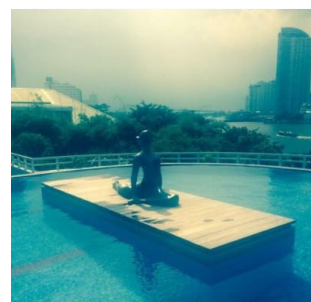
Last month we told you 10, interesting facts about tea. This month wake up and smell the coffee.

1. Coffee is the second most traded commodity globally. There are around twenty five million farmers around the world producing coffee.
2. Shepherds in Ethiopia discovered coffee circa 800 CE.
3. There are two different types of coffee beans: Arabica and Robusta. Arabica is the most

popular. Robusta is slightly more bitter and has twice as much caffeine.

4. 80% of people who visit coffee shops in the UK do so at least once a week.
5. It takes around forty-two coffee beans to make an espresso.
6. In the UK we drink around ninety-five million cups of coffee every day.
7. South and Central America produce around two thirds of the world's coffee supply.
8. The official International Coffee Day falls on 1st October.
9. Coffee was first known in Europe as Arabian Wine.
10. The Netherlands is the world's largest consumer of coffee averaging 2.4 cups of coffee per person per day.

This Month in the Clubhouse Calendar: June



Pic: Sharon
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

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

JUNE 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	1	2	3	4	5	6

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



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Express yourself in colour with this mindfulness colouring picture.

Colour this in and we will publish the ones we like in the Newsletter.



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Clubhouse Network

The American Clubhouse:

148 Waterloo Road,
Burslem,
Stoke-on-Trent,
ST6 3HB
01782 835220

The Observatory Clubhouse:

17 Bucknall Old Road,
Hanley,
Stoke-on-Trent,
ST1 2AF
01782 272799

twentyfourSEVEN Clubhouse:

23 Hillcrest Street,
Hanley,
Stoke-on-Trent,
ST1 2AA
0300 123 1535 ext 1470

Clubhouse Recovery Network:

Meir Community Education Centre,
Pickford Place,
Meir,
Stoke-On-Trent,
ST3 7DY
07824638088
or
07824326498



Scan to be taken to the Brighter Futures website or use:

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

Useful Contacts

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

creative support, housing and employment