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Welcome to Issue #27

Hello everyone, this is the twenty-seventh 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 send a request with 'subscribe' as the subject to news@brighter-futures.org.uk to be put on our emailing list.

Have fun with this Sudoku Puzzle!

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

(The solution is on the Clubhouse notice boards)

The Newsletter Online: Text and Audio

The current newsletter and back issues are now available online. Scan this QR Code to be taken to the webpage where you can view or listen to 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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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/
Dudson Café	The Dudson Centre, Hope Street, Hanley, Stoke on Trent. ST1 5DD	The Dudson Cafe serves simple, tasty, wholesome food in a relaxed and friendly environment. With daily soup choices and regular specials, the menu has something for everyone.
City Central Library	Bethesda Street, Hanley, Stoke-on-Trent. ST1 3RS Easy parking. 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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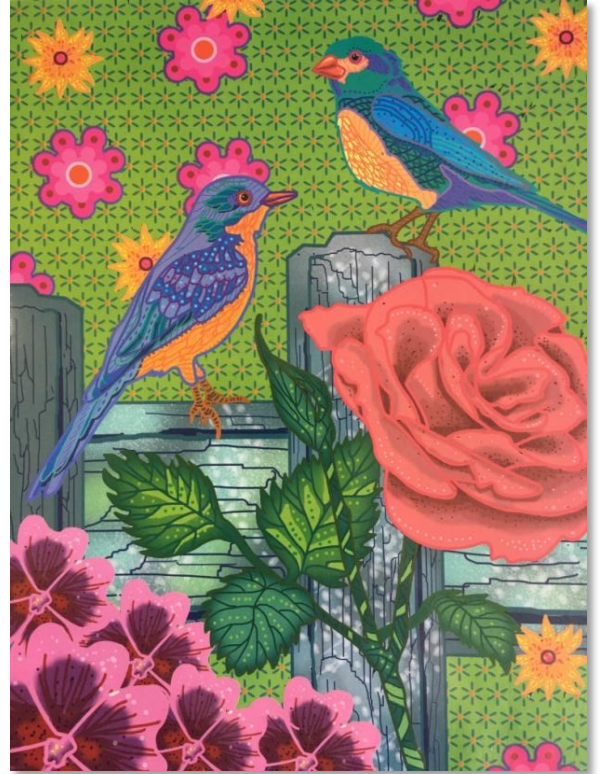
Equal

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

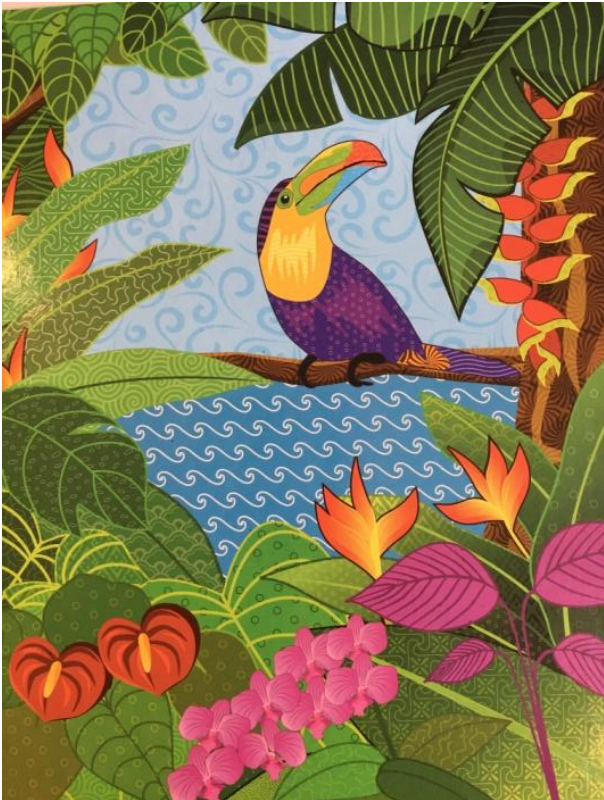
Making art and crafting are effective therapies for people with mental ill- health and are enjoyable in their own right giving a tremendous sense of achievement when completed.



Fishing boats on the beach, after Vincent Van Gogh - Ange



Pair of Birds - Charlotte



Toucan play at that game - Charlotte



What can you see? - Lisa



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City Places to visit

APOLLO 50

This exhibition is on at the Potteries museum and art gallery until 3rd November.

This special exhibition features 50 models, memorabilia and multi-media which tell the epic story of the Apollo programme in context with the history of rocketry. A fabulous display of rockets tracing the history of rocketry from Congrieve's military rockets to Elon Musk's Falcon heavy will be on show, along with models of spacecraft from fiction.



Some of the wonderful model rockets



Five years ago: Mark with Apollo 16 Lunar Module pilot Charlie Duke



Astronaut Howard - Who knew?

On 20th July 1969 Neil Alden Armstrong, commander of Apollo 11, first set foot on another world, the Moon. 2019 marks the 50th anniversary of that incredible achievement. This exhibition forms part of a global commemoration of Apollo 11, to remind those who lived at the time of the excitement and wonder of reaching another world, and to introduce to a new generation the history of humankind's greatest adventure – the exploration of space.



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news@brighter-futures.org.uk

The Observatory



OPEN MIC NIGHT

18th September
4:00-7:00pm Potbank café
Spode in Stoke

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 a Clubhouse. 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

Laundry Raffle

The laundry raffle was won by Brenda B. with the number 595. £22 pounds was raised for the members' fund.

Roll up roll up Tombola

Donations are urgently needed for the Thanksgiving tombola.

Please give your items to Jean.



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Eye spy at the Observatory In Partnership with NSCHT

These are the Observatory Clubhouse activities in July and August.

We have had our second service user meeting on the

and it was great to see members from across all of our groups. The meeting was very positive and a chance for members to talk about what they feel is going well and new ideas for possible activities that they would like to see. The time spent was productive and we would like to say a special thank you to all members who came.

The photography course has

a small exhibition at the Observatory.

The photos will soon be available for viewing in the Gallery at the Observatory. We will be running a Photography group, to take pictures and try out new techniques. This will be running from GrowthPoint on a Tuesday morning. If you're interested in coming along, please contact Rachel on 07515 191240.



Clock that

25th July. Despite this being the hottest day of the year, this was really well attended

now finished and members are getting the final touches to their finished photographs for



We have completed our beautiful butterfly from our Bethel community group. This was a collaborative art work that will go on display at the Observatory; a big 'well done' to all the members who worked hard on this, with a special mention to Janette and Lisa.



We started our Ukulele beginners group at the Stoke Baptist church. This has been



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great fun and the members have made impressive progress in just a few short weeks. This happens every Thursday at 11:00am; if you're interested please contact a staff member for more details. Up and coming for September: We now have the dates for our new Guitar School sessions for Jam Factory members; this five week course will be starting on the 4th September. We will be running a singing group, 2:00pm-4:00pm on a Tuesday afternoon, at GrowthPoint, from the 17th September. The much anticipated Open Mic event has been scheduled for Wednesday 18th September and will be happening from 4:00pm-7:00pm at the Potbank café at Spode in Stoke.

Our trip to Southport will be running on the 3rd September, which we are all looking forward to. We also have a Ladies Swimming group starting as part of our Healthy Lifestyle sessions – please contact staff for further details.

We have a Badminton Group running again (men only at present); please contact staff for further information.

We will be having disability employment advisors coming into the Observatory who will be available to advise on volunteering opportunities, benefits queries and returning to work. Please contact staff, who will be able to let you know when they are coming in.

There will be a Pool tournament between the Observatory and *twentyfourSEVEN* on 27th September – please sign up at either *twentyfourSEVEN* or the Observatory if you're interested. There will be a trophy for the winner.

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>

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 Steven who is Marketing and Digital Content Executive at Brighter Futures. Before joining the team, he was a student at Staffordshire University studying Sports Journalism – alongside his placement roles as Media Assistant at Macclesfield Town Football Club and Bare Bones Marketing Agency in Middlesbrough. He even takes full credit for the Silkmen's promotion in 2017/18. Staying with the sport side, Steven is a big supporter of both Crewe Alexandra Football Club and Lancashire County Cricket Club. His all-time favourite footballer is Dean Ashton – and shed a tear when he left Crewe for Norwich. Steven is fortunate to have a big selection of friends and spends a lot of his spare time with them.



Steven

Steven enjoys walking – and very rarely does a day go by when he doesn't complete his 10,000 steps of the day. He



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says it's the only thing that stops his growing an extra chin, so always reason to be positive. He is also a former Futsal goalkeeper and won the Midlands League with Crewe in 2014.

Steven's favourite place to visit is Las Vegas. It's just an incredible place to be. He is a big fan of comedy and is most looking forward to watching James Acaster live in October. In his role at Brighter Futures, Steven is responsible for producing digital content and supporting marketing campaigns, and generally helping to promote Brighter Futures. This involves, handling media, producing content for the website and everything in between. He says he has learned a lot about the service in his first eight months in the role, and it has been a great experience to learn more about customers, their stories and other parts of their lives. He says it's fantastic when people share good news happening across the business.



Local History: Michelin

The Michelin company was founded in France in 1889 by brothers Eduardo and Andre Michelin who owned a small rubber

factory. One day a cyclist called in with a puncture, deciding that, the hole was too large to repair the brothers set about making him a new tyre. By 1905 the Michelin tyre company was born.

Trade increased and for a few years, tyres were produced in a small factory in Barking, London. However by the mid 1920s Michelin was determined that a large UK production plant was needed. The City of Stoke-on-Trent leaders saw enormous potential for employment and agreed with the company terms and conditions advantageous to both parties. The Stoke factory was built in

the new UK headquarters of the company.

Over the years this site became one of the largest factories in North Staffordshire and at its height employed more than ten thousand workers.

The company would go on to build other factories in Aberdeen, Ballymena, Belfast, Burnley and Dundee to meet the demands for tyres at home and overseas.

However the UK group headquarters have always remained at Stoke. Sadly in October 2000 the company announced that after 74 years of tyre making in Stoke would end.



Under pressure Michelin Man lets the train take the strain

the shadow of Stoke City's magnificent Victoria ground, making its first tyre in late 1927 and was also designated

However the large truck retreads would still be made at the plan to keep around 1000 workers.



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In July 2017 Michelin continued its investment in Stoke by opening a new European distribution centre at a cost of more than ten million pounds. At the same time, Jonathon Wright, factory manager said, 'We've invested more than twenty five million pounds in our Cambell Road operations over the last eight years so our commitment to Stoke since 1927, is there for all to see.

Wait, there's more...

The iconic Michelin Man was conceived in Lyon in 1894. The two brothers noticed a stack of tyres in different sizes and had the idea to form them into a tyre shaped man.



The first poster in 1898 had him holding a champagne glass full of broken glass and nails, boasting that the Michelin tyre drinks up obstacles.

Volunteer Stories

This month's volunteer is Emma who tells us about her voluntary work for Clubhouse Recovery Network.

Emma

Emma has lived in Meir for the past twelve years. She has

suffered from anxiety and depression for many years and has also felt very isolated.

When the Meir venue opened last September, Emma was one of the first through the door. Her visits to the Clubhouse on a Tuesday and Thursday are the highlights of her week. As a people person Emma loves chatting to customers both young and old but to increase her insight and awareness of people's needs she greatly benefited from a counseling course at the clubhouse in January.



Emma

Emma is willing to try most of the courses that are on offer and says the one for anxiety has been the best for her.

In her spare time Emma volunteers at a local food bank and finds easy listening music and colouring to be very relaxing.

Emma has five children and says as a family it's great when they can all get together to watch a Disney film.

When the weather is dry Emma will always start the day with ten minutes meditation in her garden saying she finds birdsong both calming and relaxing.

On television she enjoys documentaries and soap of the year, Hollyoaks.

Next year, Emma would like to take her children to Newquay on holiday but would also have to take her Chihuahua dog Buddy on the break.

Finally Emma says she has gained so much from her time at Meir.



from the
Observatory

This month in the audio edition of the Newsletter, listen to Scorpion a track written and performed by Johnny Bowden and Wherever You Will Go by Kyle and Grant.

The songs were recorded at Open Mic night at the Observatory.

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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

This month's Mindful Moments

Meditation is the ultimate mobile device; you can use it anywhere, anytime, unobtrusively.

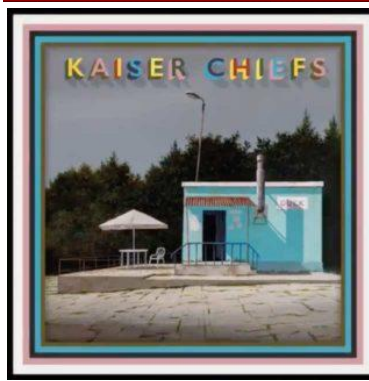
Sharon Salzberg

Mindfulness is not about creating a pleasant experience but about being in the present, taking things one moment at a time and being aware of whatever arises.

Anon

In the spiritual world there are no time divisions such as the past, present and future; for they have contracted themselves into a single moment of the present where life quivers in its true sense. The past and the future are both rolled up in this present moment of illumination, and this present moment is not something standing still with all its contents, for it ceaselessly moves on.

D T Suzuki



Album of the Month Duck by the Kaiser Chiefs

Back in 2005 the band's debut album *Employment* won several awards and featured many top ten singles including *I predict a riot* and *Every day I love you less and less*.

Five more albums have followed with lead singer Rick Wilson still finding time to work as a judge on *the Voice UK* and a spell on national radio as a temporary DJ.

Duck is the band's seventh album and lead single *People know how to love one another* gets proceedings off to a great start and I'm sure will become a live favourite.

Track two *Golden Oldies* is another with a catchy sing-along chorus and would make a good future single. *Wait* keeps the up-beat feel in full swing. A saxophone assisted melody with a touch of northern soul.

Target Market is a quieter



The Kaiser Chiefs looking a bit hipster-ish



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song about the joys and perils of office dating, a good story told with another nice tune.

Up-tempo, *Don't just stand there do something* again has an interesting story whilst also being melodic.

Record Collector has a Human League-esque synth-pop feel which is certainly no bad thing. I enjoyed the catchy keyboard riff on *Lucky Shirt* where lead singer Ricky compares his shirt to a four leaf clover.

Electric Heart and penultimate track *Northern Holiday* are the tracks with the latter bemoaning the problems faced by Brits aboard. Again both tracks are tuneful.



Sibling rivalry:

Niles and Frasier duke it out

Final song *Kurt v Frasier* (the Battle for Seattle) certainly has the most intriguing title until Ricky Wilson explained. That growing up his hero was Kurt Cobain. However now in his forties he can identify more with Frasier from the show and claims he has all the box sets.

The band will never headline major festivals but every UK show still plays out and indeed at the time of writing Their loyal fans had pushed *Duck* into second place in the charts Stop press: Sales of the album

Duck are expected to fly off the shelves in Stoke.

MusicMan

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This Month's Recipe

We hope you had a go at making the sweet corn fritters with eggs and black bean salsa in Issue #26 of the Newsletter. Here is another easy to make recipe, berry ice-cream cake. This one is a treat for those of you with a sweet tooth.

Whether you are a would-be



Berry, berry, nice cream



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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.

This recipe is brought to you by Sue at the **Clubhouse Cookbook**.

Time: 45 minutes (plus time for chilling)
Cost per serving £0.79p

Ingredients

100g butter (melted) plus extra for greasing
260g ginger biscuits (broken)
500g frozen mixed berries (defrosted)
450g caster sugar
800g ricotta
600ml double cream
Fresh berries to decorate

Method

Grease a nine inch round spring form cake tin and line with baking paper. Blitz the biscuits in a food processor until they form crumbs. Add the butter and blend briefly until combined. Use a flat bottomed glass to press the mixture into the base of the prepared tin in an even layer. Chill in the fridge for one hour.

To make the puree, blend the berries and 120g of castor Sugar in a food processor until smooth

Push the mixture through a sieve into a large bowl or jug using a wooden spoon. Discard the seeds.

Beat the ricotta with the remaining sugar until smooth, transfer to a large mixing bowl.

In a separate mixing bowl, whisk the cream until it forms soft peaks. Fold the cream into the sweetened ricotta.

Divide the mixture between three bowls. Fold 4tsp of the berry puree into the first bowl.

Then stir 8tsp of puree into the second bowl and 12tsp into the third. Cover and chill any remaining puree.

Pour the darkest berry mixture over the chilled base. Smooth the surface, cover then freeze for two hours or until firm. Cover and chill the remaining bowls of berry mixture.

Pour over the medium coloured berry mixture into the cake tin. Smooth the surface, cover and freeze for two hours.

Pour over the remaining lightest berry mixture, smooth the surface; cover and freeze overnight until firm.

Remove the cake from the tin and transfer to a serving plate or stand. Chill in the fridge for thirty minutes before serving to give the cake time to soften slightly.

Decorate with the fresh berries and serve with the remaining berry puree.

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.

twentyfourSEVEN

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



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



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Karaoke nights will start again from October 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.

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 helping in the cafes. If you feel that

you would like to try volunteering then please contact a support worker at Brighter Futures.



Treading the boards

I first got involved with amateur dramatics in the mid 70^s. At the time I was attending a youth group at Tunstall Methodist church.

One of the leaders, Brian, was interested in drama and wrote and produced plays that were staged at the Mitchel Memorial Theatre in Hanley. I had never acted before but he told me about a new play called *Misummer Swallow* set on a tropical island and he needed someone to play a tour guide and asked me if I would be interested? I asked him for more details and he said I that as a Turkish character I would have to wear a Fez(?) and speak with an accent. I remember thinking this could be fun, so I agreed.

When I got the script I noticed that I started the play with a very long speech.

My opening line was, 'This is the place where hundreds of years ago people gathered'. It carried on for another seventy odd words and lasted for around five minutes. My character was called Mohammed and as it was a

serious play I knew there would be a lot of pressure on me to get the play off to a good start. I never found an easy way to learn the lines and we were always taught to remember the actor speaking before you. For example if their last three words were, 'under the sun', the second after they had said, 'sun' you had to be in with your line. Long unintentional pauses are not good. We always had a prompter in the wings if anyone did forget a line, but on the whole our productions were always produced to a high standard.

However I do remember seeing another group perform a comedy at the, 'Mitch'. A line would be spoken then silence, a long pause, you could hear the prompter give the first few words of the line to get the play back on track. My friend and I joked at the end that the prompter had been the lead character.

Looking back to *Midsummer Swallow*, even though I was nervous on the first night, it went well and it was one of the best feelings of my life at the end when we all took a bow for the curtain call.

I was on such a high I rushed out to the foyer to see my friends and family before returning to the dressing room where I was rightly told off by produce Brian. He told me it spoils the illusion for the audience and that you should only meet people after you have taken off your costume and make-up.



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I went on to do around five more plays and although enjoyable they can be stressful. Also, I have spoken to others who like me still have recurring dreams years after stopping acting where you are in a play that's due to start and you haven't learnt any of your lines.

L O'Livier



Those magnificent people in their flying machines

Charlotte's air show trips

I have been interested in attending air shows for about six years which coincided with taking up an interest in photography; the two interests going hand in hand.



Air Ambulance

In fact I like to photograph anything that flies including birds and insects.

I have been to many air shows such as Blackpool, Fairford and Cosford. Of all the shows I've



The fetching lines of the Hawker Hunter

been to Fairford is my favourite. I will be taking a trip to Southport air show in a few weeks which I am very much looking forward to.



Cheeky Chipmunk



Red Arrows

Of all the aircraft I have seen the famous Red Arrows display team are my favourite. Other favourites include the

Lancaster and the awesome Vulcan V-Bomber.



Eurofighter - Typhoon

I really enjoy my hobby. It's interesting learning about the aircraft and exciting watching them fly.



Rough Sleeper Team

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0800 970 2304

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Trip to Llandudno

We set off from Stoke early in the morning on a Copeland's coach, arriving in Llandudno around mid-day.

Everyone was excited to be on this trip to the so-called Queen of Welsh resorts an epithet first used as far back as 1864. It's easy to see how it acquired the name as the seafront hotels, wide promenade, sandy beaches and a bay bounded by the Little and Great Ormes are delightful.



Clubhouse on tour

As it was around lunch time when we arrived we found ourselves drifting into Barnacles a fish and chip café.

Once refuelled, we took to the promenade heading in the direction of Llandudno's famous Victorian pier. There isn't a huge amount of entertainment on the 700m long pier but we were

captivated by an angler landing a shark.

After the pier we took in the sea air and sights of the promenade.



Take a tram to the top of the Great Orme

The Great Orme is always an attraction and you can get to the top by tram, cable car or if you are feeling fit, walking. We decided not to go to the top of the Orme because of the very strong winds. Feeling refreshed by the sea breeze we returned to Stoke in the early evening.

Jokes

What do you call nuts hanging on your wall? Walnuts. If you think that's bad then take a look at these.

As I suspected, someone has been adding soil to my garden. The plot thickens.

I got a job drilling for wells. It was well boring.

Roman numerals are going out of fashion. Not on my watch.

Will some future archaeologist dig out Disney World and assume it's a temple of some bizarre mouse cult?

A man noticed his joint credit card had been stolen but never reported it as the thief was spending considerably less than his wife.

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 two fab poems by Adrian on 'fire' and a tale of the not so great olden days by Wenda.

Fire

I'm red or orange
Or yellow or green
I am danger wherever I've been
I'll creep up on you with a spark or flame
For I am fire remember my name
I'll burn and burn to my heart's content
Till all my energy is all but spent
So you be careful when you use a flame
For I'll start something you'll find hard to tame

Adrian

The Potter's Lament

Dragged out of bed
the sun not up
Breakfast was tea
just one cup

The factory called
to work I'd go
with heavy heart
and hands so slow

Noise of the wheels
as clay was spun
A pot appeared
my work was done

Repeat, repeat
the whole day through



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When tomorrow came
I'd start anew

For what I asked
a pittance pay
For much work done
what could I say

My boss was hard
he asked so much
of me and mine
and others such

He demanded of us
our toil and sweat
Life was such it
couldn't be met

No such thing as
to be met halfway
Tomorrow was always
another day

To earn a living
We worked not played
Memories of this
they did not fade

The rich got richer
the poor stayed poor
That's how it was
in days of yore

Wenda

The Great Fire

A small flame
that started it all

The great London fire

As I recall

Night turned to day

As the flames spread out
London's ablaze the people
shout

Get more water

Was the cry of the night

London is burning what a
horrible sight

For days and days the fire was
king In total charge of
everything

On the final day

When the fire burned dry

The people could only stare
and cry

Adrian



The Simpsons at 30

The Simpsons have been
entertaining us since 1989 and
after thirty years it is still going
strong.

Here we have ten great Homer
quotes.

1. Operator! Give me the number for 911
2. Marge, you know it's rude to talk when my mouth is full.
3. Volunteering is for suckers. Did you know that volunteers don't even get paid for the stuff they do?
4. I believe that children are our future. Unless we stop them now.
5. Vampires are make believe, just like elves, gremlins and Eskimos.
6. Humans are the only creatures capable of being weaselly. Erm, except for weasels.
7. I'll make money by selling one of my livers... ...I can get by with one.



8. Oh, I have three kids and no money. Why can't I have no kids and three money?
9. We can outsmart those dolphins. Don't forget we invented computers, legwarmers and bendy straws.
10. I saw this movie about a bus that had to speed around a city, keeping its SPEED over fifty and if it's SPEED dropped it would explode! I think it was called, 'The bus that couldn't slow down'.

This Month in the Clubhouse Calendar: September



Pic: Mark
Submissions for the 2020
calendar are most
welcome.



Passionate



Empowering



Sustainable



Creative



Equal

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, Art Workshop
Healthy Eating
Walking Groups
10:00am – 4:00pm
Art Workshop
Open 6:00am - 8:00pm

Tuesday

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

Wednesday

Music Sessions, Guitar Group,
Karaoke,
Keyboards, Singing, Song
Writing, Studio recording and
Editing
Referral required. Call on 07540
673 560 for an appointment to
view the project.

Thursday

Closed.

Friday

Men Only Service
10:00am – 4:00pm
Guitar Group, Art Group,
Games, Relaxation, Quizzes,
Photography Club
10:00am – 1:00pm

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**SEPTEMBER 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					

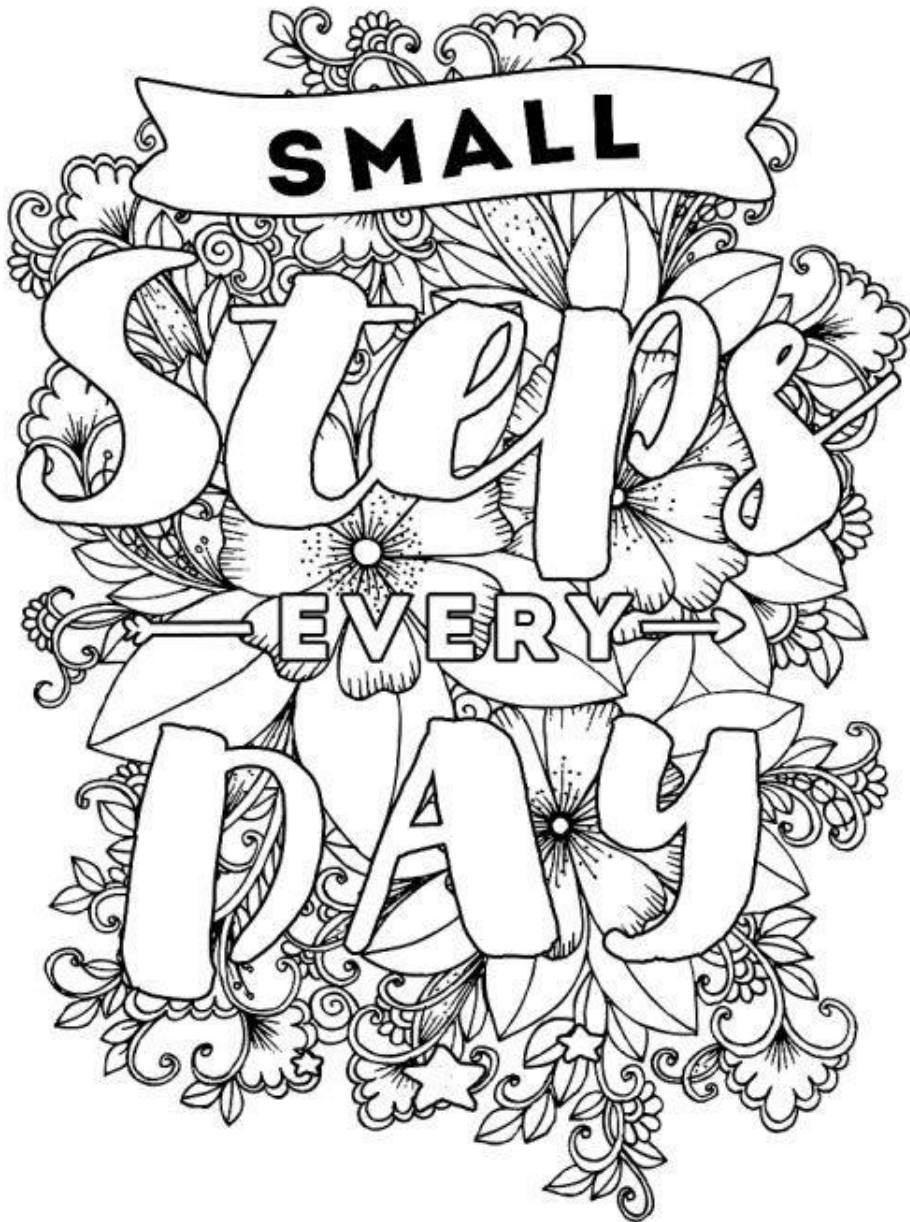
Thanks to everyone who
contributed to this issue of the
Clubhouse Network Newsletter.

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

Mindful Colouring

19

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



Passionate



Empowering



Sustainable



Creative



Equal

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
07824 638088
or
07824 326498



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:

01282 811 815

North Staffs Mind:

01782 262 100

Citizens' Advice Bureau:

0344 411 1444

advice@snsCab.org.uk

www.snsCab.org.uk

Changes: 01782 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