

Local History
The Sentinel p10



Appetite presents
the big feast p3

We went to see
Handbagged at the New
Victoria Theatre
Find out how much we
loved it p7

Album of the Month
Sergeant Pepper
The Beatles p12

Read our feature story
Boys will be boys p17



Welcome to Issue #28

Hello everyone, we hope you enjoy reading this 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.

In this issue:

The Directory p4
 Clubhouse stories: Tracy p7
 Mindful Moments p12
 Recipe: Chicken fajitas p12
 Charlotte's ABBA tribute p18
 Jokes p18
 Front cover: Anderton Boat Lift (Pic: Mark)

Your monthly Newsletter is created by:

Editor, Audio Edition Producer, Narrator:
 Mark Gilbert
 Reporter, Photographer, Feature Writer:
 Howard Dexter
 Associate Copywriter, Photographer:
 Charlotte Booth
 Librarian, Runner: Phil Scoggins
 Brailist: Toni Kalvans
 Our resident poet is: Adrian Croxton
 Proofreaders: Pete Wynne, Jean Sturgess
 Approval: Sharon Godwin
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 Front Cover: Anderton Boat Lift (Photo: Mark)

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 and/or copy. 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!

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

(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 band at the End of the World



Rodadoras



La fin demain

Appetite's Big Feast was held on 23rd and 24th August. The Big Feast has been held annually since 2013 and is one of the most spectacular events to be held in the city centre each year.

There is almost certainly going to be an act you will love.

Performers descend on the potteries having travelled from all corners of the Globe.

We particularly enjoyed La Fin Demain which told an enchanting story through acting, acrobatics and music.

#SOTCulture



Sorriso



appetite



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THE DIRECTORY Places members may like to visit

Name	Where	What
Impact Boxing	Brocksford St,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
Frazzled Cafe	Marks and Spencer Wolstanton Retail Park Wolstanton. ST5 0AP	Peer support drop in sessions. Held once every two weeks. The meeting is held in the community room. Cost is: Free
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/
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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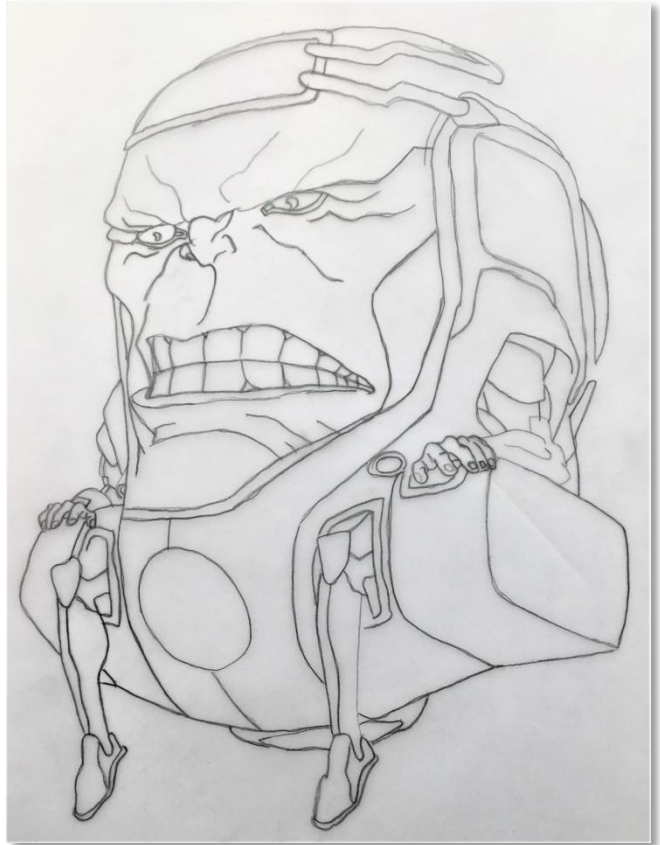
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Arts and crafts play a big part in the Clubhouse Network.

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



Chair, after Vincent van Gogh - Ange



Avengers drawing - Charlotte



There's depth to this ink technique - Lisa



Card making - Tracy and Jean



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Thanksgiving Day 2019



**Donations are urgently needed
for the Thanksgiving Tombola.
Please give any items you
wish to donate to Jean.**

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:

news@brighter-futures.org.uk

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



Lamp Raffle

The lamp raffle was won by
Howard with the number 19.
Twenty pounds were raised
for the members' fund.



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New Vic Theatre Handbagged

On the 4th of May 1979 Margaret Thatcher became Britain's first female Prime Minister. As with all her predecessors, one of her duties was to meet with the

Each pair a double act of themselves, often contradicting each other provided many laughs. During the play many other political names also feature such as Neil Kinnock, Michael Heseltine and an excellent Ronald Reagan, complete with rosy cheeks and a fixed cheesy grin.



The Queen and Margaret Thatcher

Queen every week.

But just what did these two iconic ladies talk about? The play opens with the Queen and Margaret meeting for the first time and taking tea. Standing behind both we had two much older actors with greying hair playing older versions of these formidable women.

Sounds complicated? Trust me, it worked superbly well.

The cast themselves often became guides, breaking out of character to explain what was happening.

After many laugh out loud moments the first act ended with the Queen saying, 'I think we now require an interval'. Margaret replied, 'Why I don't need one?'. To which the Queen replied, 'I am the Queen, we will return in twenty minutes'.

Although a satire, all of the political speeches were factual, including several of the Queen's Christmas day addresses to the nation.

The play touches on many historical moments, including the Falklands War, the poll tax, the miners' strike and the Irish troubles.

A special mention here to sound designer James Earl Davis for his soundscape recreating the sound of the Brighton hotel bombing of 1984, it made us all jump out of our seats.

So a great night was had by all the Clubhouse members who attended, thanks to a multi-talented cast and hard working stage crew.

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Clubhouse Stories

This month we have Tracy who shares with us her experiences at



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the Clubhouse Network.

Tracy first came to the American in April of this year after a friend had recommended it to her.

During the short time that she has been attending the Clubhouse, Tracy says that she has met many new friends and is enjoying learning how to play pool.

The art groups at the American clubhouse and *twentyfourSEVEN* are something Tracy finds very enjoyable.

Over the last eighteen months Tracy has lost four stones in weight. This has given her much more self-confidence and after a two year period of not going out very much she now feels able to travel by bus again, whilst also enjoying going to the gym, swimming and daily walks.

Tracy likes to try new courses and at the moment is taking part in the new six week, 'Cook and Eat' at the Observatory.



Tracy

Away from the Clubhouse Network, Tracy loves horror films. Although she admits

after watching one, getting to sleep can be a problem.

Tracy has three cats, Holly, Bella and Luna. She says that she loves all animals and one day in the future she would like to do some voluntary work with them.

Tracy loves most types of music but two of her favourite bands would have to be Pink Floyd and Queen. Her top era for music would be the 80^s.

Playing on her Xbox is something Tracy enjoys. She mostly plays war games and 'Call of Duty' is the one she plays the most.

Her favourite meal out is always a carvery, stating it's healthy, as you can have as much vegetables as you like.

Finally Tracy would like to thank the many members for their continued support with her weight loss and for all the staff for always being there.

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>

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@BFNW

Eye Spy at the Observatory

**In Partnership with
NSCHT**

We have been incredibly busy this September!

Members have been taking part in new activities and been out and about.

Our trip to Southport was great fun; we were very lucky with the weather, with the rain only making an appearance late in the day. The sculptures at Crosby Beach made quite an impression on us and we



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especially enjoyed our fish and chips.



On the beach at Southport

We have been busy in the groups with a wide variety of craft activities being carried out, including: decorating tote bags, modelling with clay and glass painting.

We have also been developing our art skills, looking at still life and portrait modelling.

As part of our healthy lifestyle sessions, during our Mandays on a Friday, we have been getting active, playing badminton at the YMCA. We will have new sessions through the next month. Our ladies walking group is still going strong (leaving at 11am from Happy Mondays).

We have had our second successful Open Mic evening, at the Potbank café in Stoke on the 18th September. It was a lovely evening and great to see such a variety of talent on show. We hope to have some songs from this for you very soon.

We also had great fun at our Karaoke Event afternoon on the 11th September. It was great to see some new faces and hear some new voices. A

special mention goes to Phil and Howard, for bringing their vocal talents along.

Our weekly photography group has now started, meeting at GrowthPoint at 10.30am – 12.30pm on a Tuesday morning. This is a session that will be led by members and the focus will change from session to session. Please contact a member of staff if you are interested.



Open Mic Night - Dave

Our singing group has now started at GrowthPoint on a Tuesday afternoon, from 2pm – 4pm. It's a chance to sing a wide range of songs, with the emphasis on singing for enjoyment. Please contact a member of staff if you are interested in coming along.

In addition to our usual activities, we have an exciting project, called Soul Bowls happening at the moment. Members have been creating bowls, exploring the theme of

'What feeds your soul?' The focus for the bowls will be on recovery and what keeps you well.



Soul bowls

The finished bowls will be displayed at Newcastle College.

We also have a project called 'MEN-ding'; this is in partnership with the Cultural Sisters and involves the whole idea of men 'mending things and also mending themselves'. The project takes broken objects and reforms them into new sculptures. This is part of the Arts City conference. Watch out for photos of the completed art works in the next newsletter.

Up and coming for October:

We will have Cook and Eat sessions running at the beginning of November in our Stoke group (at the Baptist Church). Places are limited so if you are interested, please contact a member of staff to ensure your place.



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We will be running a table tennis session on the 4th October and a badminton session on the 18th October; both are available to men only and will be taking place at the YMCA. Meet at the Observatory at 11am if you are interested.

Our song writing group will start on October 16th 2019. This will be a five week course, covering the basics of writing your own songs. If you are interested please speak to Helen or Rachel at the Observatory.

There will be a Pool tournament between the Observatory and *twentyfourSEVEN* on the 25th October – please sign up at either *twentyfourSEVEN* or the Observatory if you're interested. This is a mixed session.

Following on from the success of the last one, we will be having a Karaoke event on 30th October. This will be taking place from 1:00pm – 3.30pm.

The Sentinel

The Sentinel was founded in 1854 and over the years has been printed at many different sites. Two of the largest were Foundry Street in Hanley and Festival Park. The current site is Bethesda St. Hanley.

The Sentinel has always been behind good causes and in 1918 launched an appeal for the Minnie pit disaster in

which at least 155 lives were lost. The paper also donated a large sum.

In the 165 years of the papers history there haven't been many occasions when production has ceased.



The engine of a train hangs over the road after it derailed and smashed through a wall near Stoke Station on 22-10-1985

Picture: Horace Wetton

Although during the general strike of 1926 the presses fell idle for a few days followed by an emergency edition.

Lack of space in our newsletter prevents me from writing about the war years both first and second. So I will jump forward by many decades to the late 80s.

In 1988 the paper joined the growing trend and changed from broadsheet to tabloid

Although still referred to as the Evening Sentinel by many locals, the word 'evening' was dropped in 2009 when the paper joined the morning nationals.

As well as the sporting 'Green-un' the Saturday edition features the hugely popular 'Way we were' bygone supplement.



Workers remove the Angel atop Burslem Town Hall, getting ready for cleaning in March 1960.

Picture Tommy Woodward.



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One of the longest serving columnists was John Abberley. Potteries born and bred, John wrote for the Sentinel for over sixty years. Meanwhile, cartoonist Dave Fellows penned over 7,000 cartoons for 'Me and Mar Lady' over a twenty years.

The paper has always championed grass roots football and in 1900 the Sentinel Cup was launched and for youth teams the Sentinel Shield. Both competitions are still running. The city's two main teams are covered by Martin Spinks (Stoke City) and Mike Baggaley (Port Vale).



Snow bound in Hanley. Picture: Ted Stringer.

Acerbic critic, John Woodhouse, comments on TV matters and there are regular reviews for drama and music. Finally the papers political alignment is always non-partisan and also as mentioned manages to cover the football from the top local sides even-handedly, though there are some fans who think they don't!

A Passion to Play Again?

The Biddulph and District Youth and Community Orchestra needs you!

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

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

Want more details?

Phone Frank on:
01782 517238

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



This month in the audio edition of the Newsletter, listen to two songs by Toni Kalvans. In the first track Toni plays Winster Gallop on her wonderful melodeon, recorded by Nomis Industria and the second song is Clown which was recorded at Prism studios.



Newsletter Braille Bulletin

We have the capability to produce a small number of companions to the Newsletter in Braille; the Newsletter Braille Bulletin. Included are a list of contents of the audio CD and some extra fun content just for the Braille Bulletin.

If you or anyone you know would like to receive the Braille companion (at Clubhouses) with the Audio CD then contact a support worker or contact the newsletter by email using news@brighter-futures.org.uk



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

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



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not overly reactive or overwhelmed by what's going on around us.

mindful.org

This month's Mindful Moments

Each moment is a chance for us to make peace possible for the world, to make happiness possible for the world.

Thich Nhat Hanch

Calmness of mind does not mean you should stop your activity. Real calmness should be found in activity itself. We say, "It is easy to have calmness in inactivity, it is hard to have calmness in activity, but calmness in activity is true calmness."

Shunryu Suzuki

Nothing in the world is permanent, and we're foolish when we ask anything to last, but surely we're still more foolish not to take delight in it while we have it. If change is of the essence of existence one would have thought it only sensible to make it the premise of our philosophy.

W. Somerset Maugham

This Month's Recipe

We hope you had a go at making the berry ice cream cake in Issue #27 of the Newsletter. Here is another easy to make recipe, chicken fajitas.

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.

Prep: 15 mins

Cook: 10 mins

Serves 3



Ingredients

2 large chicken breasts, finely sliced

1 red onion, finely sliced

1 red pepper, sliced

1 red chilli, finely sliced (optional)

For the marinade

1 heaped tbsp smoked paprika

1 tbsp ground coriander

pinch of ground cumin

2 medium garlic cloves, crushed

4 tbsp olive oil

1 lime, juiced

4-5 drops Tabasco

To serve

6 medium tortillas

bag mixed salad

230g tub fresh salsa

Method

Heat oven to 200C/180C fan/gas 6 and wrap 6 medium tortillas in foil.

Mix 1 heaped tbsp smoked paprika, 1 tbsp ground coriander, a pinch of ground cumin, 2 crushed garlic cloves, 4 tbsp olive oil, the juice of 1 lime and 4-5 drops Tabasco together in a bowl with a big pinch each of salt and pepper. Stir 2 finely sliced chicken breasts, 1 finely sliced red onion, 1 sliced red pepper and 1 finely sliced red chilli, if using, into the marinade.

Heat a griddle pan until smoking hot and add the chicken and marinade to the pan.

Keep everything moving over a high heat for about 5 mins using tongs until you get a nice charred effect. If your griddle pan is small you may need to do this in two batches.

To check the chicken is cooked, find the thickest part and tear in half – if any part is still raw cook until done.

Put the tortillas in the oven to heat up and serve with the cooked chicken, a bag of mixed salad and one 230g tub of fresh salsa.

Album of the Month ***Sergeant Pepper's*** ***Lonely Hearts*** ***Club Band***

Over the last few months I have been reviewing the top selling albums of all time in the UK. At number three we had



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Oasis with *What's the story morning glory* and at number two 21 by Adele. Now at number one it is the Beatle's era defining *Sergeant Pepper's lonely hearts club band*.



In August 1966, the Beatles permanently retired from touring because of their fans screaming and indeed John Lennon said the music didn't matter to the fans anymore and they would be just as happy if the band came on and

Beatles should release an entire album representing a performance by the fictional *Sergeant Pepper* band. This alter ego group would give them the freedom to experiment musically.

Another advantage of not touring anymore meant the band could use a vast array of instruments and orchestral overdubs knowing they would not have to perform any of the songs live.

Following the title track, *With a little help from my friends* features drummer Ringo on lead vocal. Many were surprised the band chose him but his baritone voice suited the melodic song perfectly.



let off a bunch of fireworks. After recording the title track *Sergeant Pepper's lonely hearts club band* Paul McCartney suggested that the

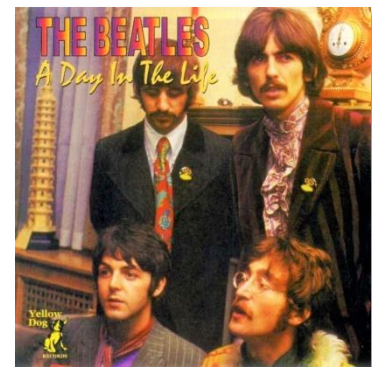
John Lennon leads on *Lucy in the sky with diamond*. The opening few bars featured the sound of a tanpura blended

with a Lowrey organ to give a unique sound.

A favourite of mine has always been track six, *She's leaving home*. McCartney has never been better as he paints a picture of parents waking to find their young daughter has gone. The song was inspired by a real teenage runaway and the beautiful melody mainly features a string nonet and harp.

Circus fun song *For the benefit of Mr Kite* still sounds good with its mid-section fairground organ working very well.

Within you without you is a perfect example of the album's diversity as the band delve into Hindu culture where they ditch the guitar for the sitar. Although producer George Martin liked the song he wanted to follow it with *When I'm sixty four* as a form of light relief; describing it as the album's jokey track.



A day in the life is Lennon/McCartney genius

For me the band saves the best till last with the epic *A day in the life* which is the longest song at 5min 30secs.



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After a slow start the song builds to a climactic ending with forty musicians selected from the *Royal Philharmonic Orchestra*. Also, the song puts Blackburn on the map for its numerous holes.

Upon its release in May 1967 the album spent 27 weeks at number one in the UK charts and was lauded by the critics for its innovations in production and song writing.

I like to think of myself as a connoisseur of good music both old and new. At fifty two years Sgt Pepper has certainly stood the test of time.

MusicMan

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.



Clubhouse Cookbook online

There is now a way to access online all the recipes that have featured in the Newsletter. To get access to the Clubhouse Cookbook Online just send an email with Cookbook as the subject to news@brighter-futures.org.uk



Nottingham

We set off from Stoke early in the morning, taking the train to Derby and then hopped on to a service bus to Nottingham. This all took longer than we had hoped for and we may use a different mode of travel next time.

As usual everyone was hungry by the time we reached our historic destination. So a quick stop in a city centre café allowed us to recharge our batteries for the tourist activities to follow.



Ever seen these guys before?

Now full of beans we ambled along to view what remains of the castle.

The first Norman castle was a wooden structure of a motte-and-bailey design, begun in 1068, two years after the Battle of Hastings, on the orders of William the Conqueror. This wooden structure was replaced by a far more defensible stone castle during the reign of King Henry II.



Lace making machinery

In 1660, the present Ducal Mansion was built by Henry Cavendish, 2nd Duke of Newcastle between 1674 and 1679 on the foundations of the now derelict castle. This mansion was itself destroyed in 1831 by a fire set by disaffected slum dwellers who were not best pleased with the Duke's opposition to the Great Reform Act which among many things imbued the working poor with some individual rights in both their working and domestic lives. A £29m Heritage Lottery grant will see the site of the castle



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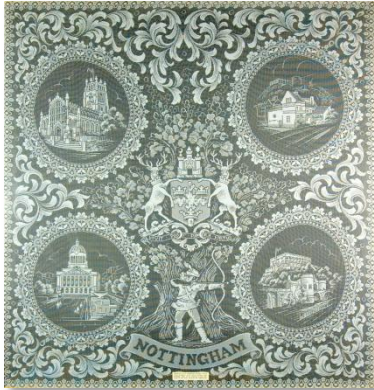
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transformed into a premier tourist destination.

Nottingham is however mostly associated with lace manufacturing and the myth of Robin Hood.



You can get tied up in knots learning about the production of lace



There has been a lot going on around the clock at twentyfourSEVEN



Bryan is September's pool tournament winner at 24-7



Bryan's trophy



Carl who won on the tombola at the BBQ



Kathryn who won on the tombola



Usman won the August pool tournament



The BBQ is fired up



Laura who won on the bingo at the BBQ



BBQ quiz winner Lucy



Tombola and craft table



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Nail Art takes place on the first Sunday of every month from 12:00pm till 2:00pm at *twentyfourSEVEN*.



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.

City places to visit

This month we take a trip out of the city to the **Anderton Boat Lift** in the village of **Anderton** near **Northwich** in **Cheshire**.

The Anderton boat lift is a twin caisson lift lock that provides a fifty foot vertical link between two navigable waterways; the river Weaver and the Trent and Mersey canal.



The Anderton boat lift

The structure is designated as a scheduled monument and is included in the National Heritage list for England.

Built in 1875, the boat lift was in use for over one hundred years until it was closed in 1983 due to corrosion.

Restoration started in 2001. The lift and associated visitor centre are operated by the Canal and River Trust.

It is one of only two working boat lifts in the UK; the other is the Falkirk Wheel in Scotland.

Upon our arrival at the centre we were greeted by a friendly

staff member on reception who informed us that we had the option to ride only on the boat lift or a combined lift and trip on the River Weaver. As we had plenty of time we decided to do the latter.

We were given a ticket with our departure time printed on it. This meant we had an hour to explore the visitor centre.

The centre has very informative graphics on the walls and we also found an audio-visual presentation on the history and lift mechanism to be very interesting.

A new attraction this year is a collection of twenty-two vintage slot machines. Originally taking one old penny, they have now been converted to take tokens to play on a fun only basis.

The company owns a purpose build boat called the Edwin Clark, named after the principal designer of the original hydraulic boat lift.



The Edwin Clark

We boarded our boat and gently moved forward in to the giant caisson. As we slowly began our descent to the river Weaver the gears of the old electrical system could be glimpsed through the boat's glass roof.

Our captain was helped by a very able tour guide who



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provided commentary. Although it has to be said some of his jokes were rather cringe worthy.



Remembrance Day poppies falling around the boat lift

The river Weaver is lovely and the entire trip including the lift was around one and a quarter hours. At £12 each we thought this to be good value. There is a well stocked gift shop and café, meaning Ed. Mark could get his favoured Americano.

The main season is from April until the end of October.

Although there are special events including a firework display and Santa cruises. Check the website for details.

canalrivertrust.org.uk/anderton

Public transport:

Travel from Stoke Station by train to Crewe Station or take the Number 3 bus.

Travel to Northwich from Crewe by train or bus.

When in Northwich take bus number 4 to Anderton which runs every 20 minutes it is then a 3 minute walk to Anderton. Follow the tourist signs to find the boat lift.



Boys will be boys (Part one)

Growing up I never did anything that bad, just maybe slightly mischievous. I remember one day aged around six being taken with my sister Jan to Hanley Park with my mum. The weather was warm and sunny as we made our way past the lake to the top of the park where the playground was situated.

The area was very busy as children queued up to use the slides, spinning top, see-saw and other apparatus. I wanted to go on the swings but they were also busy.

I waited at the side for a few minutes, then getting bored I thought I would run in front of the swings to dodge the feet.

I got away with it the first time, but on the second a girl in the middle swing wearing pointy black shoes caught me in the face, although not her fault she was horrified and ran off. Meanwhile someone picked me up and took me to a grassy area.

I wasn't in that much pain but someone in the small crowd that gathered around me said

the cut looked quite deep and would require stitches.

A lady standing next to my mum kindly passed her a brand new face cloth to stem the flow of blood from my nose.

Then I heard the sound of the ambulance coming into the park. This was great, so much fuss and all for me.

As the face cloth was new, mum decided to boil wash it clean. Every time I used it in the future it reminded me of my eventful day.

A couple of years later aged around eight my mum asked me to wash the dishes.

She was in the middle room chatting to a friend. Washing them wasn't too bad, it was the drying I hated the most. So I decided to leave them on the draining board for a while. As I still had the bowl of soapy water I amused myself by putting my hand in and then seeing how high I could flick it up the wall. Then for my next challenge, just how close could I get to the light bulb?



I'm not sure at what age I knew that electrics and water weren't compatible, but my first direct hit resulted in the bulb exploding plunging the kitchen into darkness leaving glass everywhere. Of course



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my mum came rushing in followed by her friend. My first words were, 'It just blew up'. Incredibly my mum's friend came to my rescue by saying a bulb had exploded on her for no reason.

All these years later I still find that hard to believe but at the time I wasn't going to argue.

(Concludes next month)

Dennis the Menace



Seeing the ABBA tribute was an amazing evening, the band was better than the imitation Steps one.

I don't really dance but I did

splitting. Try these jokes out for size and remember to tighten your corset!

I was booked to go on an escapology weekend. It was hard to get out of.

My teacher told me to make a vacuum – I thought no pressure then.

After learning six hours of basic semaphore I was flagging.

A thesaurus is great. There's no other word for it.

PC World – you've got to be careful what you say in there.

I'm selling my old tennis equipment but I can't work out the net worth.

I went to Waterstone's and asked the woman for a book about turtles, she said hardback? And I was like, 'Yeah and little heads'

What's driving Brexit? From here it looks like it's probably the Duke of Edinburgh

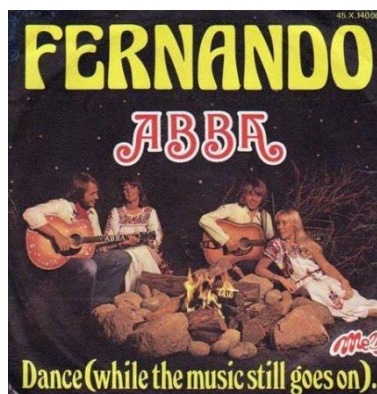
I went for my driving test the other day and the instructor said, 'You're in the wrong gear', I said, 'Why what's wrong with top hat and tails?'



Charlotte's ABBA Tribute Night Out

I loved the film Mamma Mia as it features many fabulous Abba songs in it. My favourite song by Abba is Fernando. I heard there was an Abba tribute coming to Trentham Estate and I thought I would go to see what it was like as I have never been to see a performance at Trentham Gardens. I have previously seen the Steps tribute band which I enjoyed.

end up dancing, even more when they started playing Fernando.



Jokes

Why did the introduction and the conclusion break up?

They were just never on the same page... My sides are

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 warning about the ecological state of our planet and one about time by our resident poet Adrian.

Decay

Summers are hotter
winters are warmer



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climate change is waiting
hiding in a corner
We are breaking our world
with all this pollution
will we ever realize
we need a solution
We kill our animals every day
mutilate their bodies
then leave to decay
The gases and smoke
dancing in the air
eroding our ozone
But do we care
So in the end
and it surely will
we'll kill our planet
with pollution's overkill

Adrian

Time

In time gone by
Far in the past
Humans evolved
Forever to last
Slow at first
We struggled by
With baron land
And earth so dry
We hunted for food
To keep us strong
By use of tongue
As time went on
Man would be king
New machines
Almost anything
So living life now
Is a luxury
Far from the way
We used to be
We can rule the skies
Float in oceans too
But have we bit off
More than we can chew
For now just in recent times
The robots rule

And control our minds
So much has changed
Both present and past
We should ask ourselves
Are we moving too fast!

Adrian

Takeaway Tonight

The takeaway market is worth



billions to the British economy.
Here are ten interesting facts.

1. The average British household spends £38 per month on takeaways.
2. People in Northern Ireland spend the most at £57 a month.
3. 65% of takeaways now offer low-fat options, with 59% offering low salt dishes.
4. Over half of all Brits say they would rather order in than eat out at a Michelin starred restaurant.
5. Pop-star Beyoncé once spent £3000 on a curry which had been flown 3000 miles from a village in Surrey to the US.
6. Our favourite takeaway in Britain is Chinese.

7. Since 2016 orders for vegan takeaway food has shot up by over 300%.
8. Nearly 40% of us say that poppadoms are our favourite take away side dish.
9. The average Brit will eat 731 pizzas in a lifetime.

10. Finally, we are now spending £12.5bn per year which is more than Germany, Netherlands, and Poland combined.

This Month in the Clubhouse Calendar: October



Pic: Mark
**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,
Healthy Eating
Walking Groups
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

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

2019 OCTOBER						
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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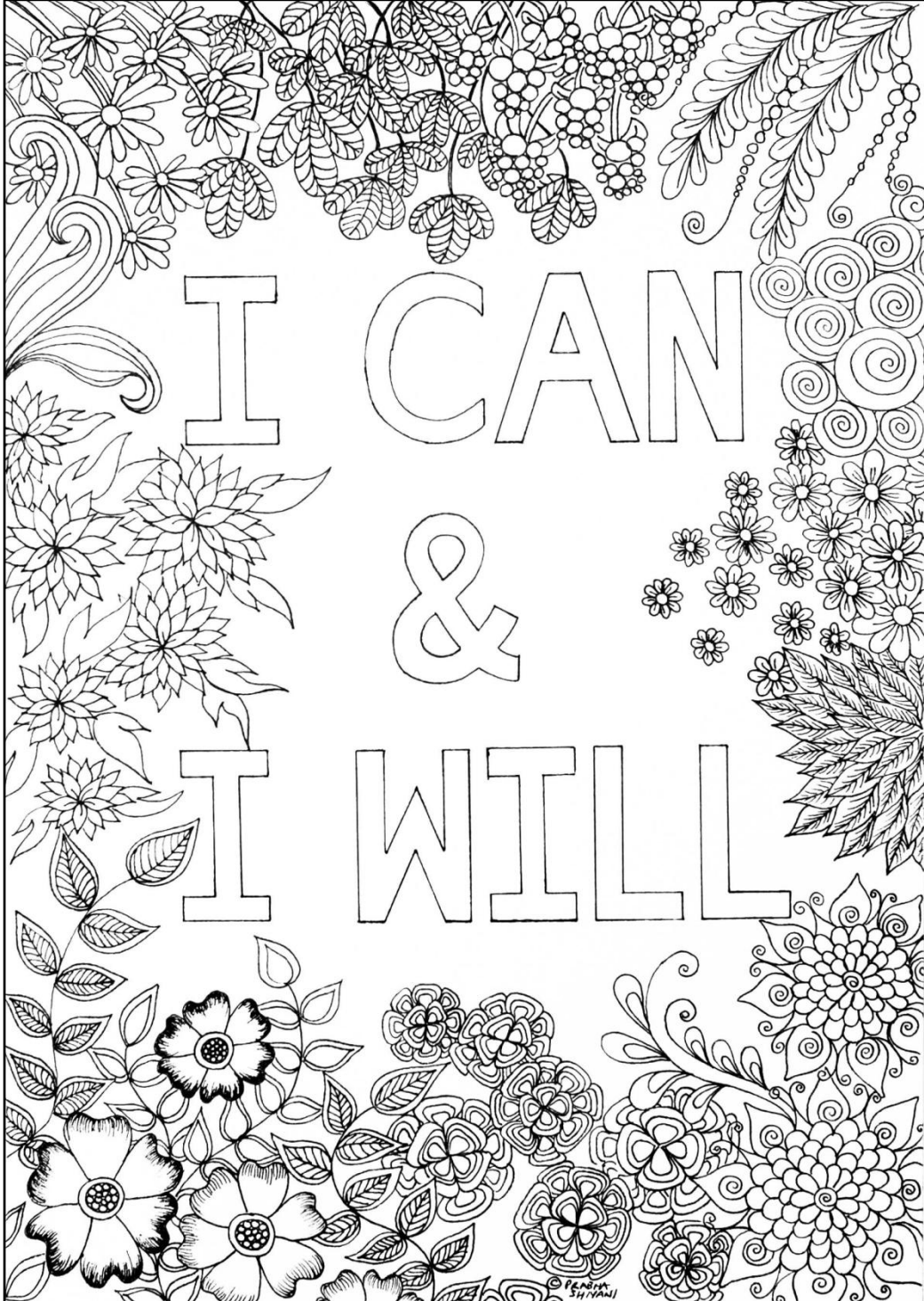


Equal

Mindful Colouring

Express yourself in colour with this mindfulness colouring picture.

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



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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
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