

**City Places to visit  
Stoke Minster p13**

We went to see the classic  
Ayckbourn play,  
'Seasons Greetings' at the  
New Victoria Theatre p13



**Romeo and Juliet  
at the  
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Cause and Effect  
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feature story  
Boys will be boys p9**



## Welcome to Issue #29

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.

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Jokes p16  
Front cover: Stoke Minster

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Printed at Whittle Court

Front Cover: Stoke Minster

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

### Have fun with this Sudoku Puzzle!

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

(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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Members get up to all sorts of fun activities every month. Here is a sample of what our members have been seeing and doing.



Members Paul and Karen have donated this bench to the American Clubhouse. A very kind gesture that has been much appreciated by members.



Charlotte has completed 18 charity events in 5 years and shows no sign of stopping yet. She has 16 medals to show for her efforts, taking parts in events such as the Spitfire Challenge and 75k in 75 days in support of Armed Forces day.



Ken Dodd and a waxwork of Phil Bowyer at Madame Tussaud's in Blackpool.



Charlotte visited the Stone food and drink festival where she spotted this arrangement made by Helen.

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:  
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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 <a href="https://en-gb.facebook.com/trubshawcross/">en-gb.facebook.com/trubshawcross/</a>
Kniveden Partnership	Leek	Gardening and growing, pottery, woodwork, Jewellery and alternative therapies.
Growth Point	Shelton Allotment Site	Gardening, growing. Tutor Led
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, Boothen, Stoke-on-Trent. ST4 5AW	Wednesday – Friday 10:00am – 2:00pm An excellent cafe with great food at great prices. Community activities. <a href="http://westendcommunitycentre.weebly.com/">westendcommunitycentre.weebly.com/</a>
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. <a href="http://breadincommon.com">breadincommon.com</a>

If you have questions about any of these venues, activities or events ask Mark for further details.

This directory will change as we visit or learn about new venues and activities.



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## 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.



Kanees with the apron she made in the sewing group



Lee, pumpkin carving at *twentyfourSEVEN*



Jean making 'countdown to Christmas cards'



The new pool table cover made by the sewing group



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## Clubhouse Network

### Upcoming Craft Activities at The American Clubhouse

6th November—Collage  
13th November—Printing  
20th November—Sugar craft  
27th November—Snowflake beading  
4th December—Christmas table  
decorations  
11th December—3D Card Making



**CHRISTMAS CARDS FOR SALE HERE AT THE AMERICAN**  
**ALL PROCEEDS GO BACK INTO THE MEMBERS CRAFT**  
**FUND**



**POP UP CARDS £1.50**

**ALL OTHER SIZED CARDS £1.00**

**IF ANY OF YOU ARE FEELING CREATIVE COME AND  
HAVE A GO AT MAKING SOME YOURSELF.**



## 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 one of the Clubhouses. Come along and help shape Clubhouse activities. Discuss, gardening, the 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](mailto:news@brighter-futures.org.uk)



### Christmas Hampers

Please can people begin donating items for the Christmas Hampers? Canned and dry foods accepted. See Jean or a member of staff to donate.



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## Local History: Middleport Pottery

**M**iddleport pottery was built in 1888 by Burgess and Leigh Ltd. (The co-founders were William Leigh and Frederick Burgess)



**The Middleport pottery site**

The factory was designed to make all production processes more efficient and to improve conditions for the workforce. Finished pottery was placed using a crane next to the packing house straight on to narrow boats waiting on the Trent and Mersey canal which would then transport the ceramics to Liverpool docks for international export. Alternatively, though expensively in terms of breakages the ceramics were sent out by horse and cart on the poor roads of the time.

The Boulton steam engine powered the machinery for mixing the clay and continued to be in use until the coal strike of the 1970's. It was fed by a large boiler that also provided steam for heating and drying pottery. Also in the 70's the pottery was given listed building status. By this time, six of the

seven bottle ovens on the site had been demolished. The surviving oven was given its own listing. In 2011 Middleport Pottery was at serious risk of closure because of the very poor state of repair of the buildings. This would have seen the loss of jobs and substantial buildings of historic significance would have been left to further degenerate. Fortunately in the same year the UK Historic Building Preservation Trust, an organisation set up to aid

listed buildings, stepped in to buy the factory and began by investing nine million pounds. Following renovations, Middleport Pottery was opened to visitors in 2014. In January 2016, Prince Charles paid a visit to the factory to open new studios. Since it opened as a visitor destination it has won eight awards and has been the location for two seasons of 'The Great Pottery Throw Down'.



**Kate Malone and Keith  
Brymer Jones  
judge the Throw Down**

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**Facebook  
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## Safe Spaces

**S**afe 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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### Album of the month: *Cause and Effect* by Keane

**T**he four members of Keane hail from Battle in East Sussex. Prior to the band being formed the majority of visitors to the town came to see the site where the famous Hastings battle took place in 1066.

Several other bestselling albums kept the band at the forefront of British music until 2014, when they announced that they would be taking a hiatus.

*Cause and Effect* has stormed the charts, proving that the band's appeal hasn't diminished.

Track one, *You're not home* is the longest song on the album at five and a half minutes. It's a slow burner that gets better after a few plays.

Tracks two and three have already been featured on many radio stations as the first singles.



The band stand around

However with the global success of the band a Keane trail has now been made for fans to see the places name checked in their songs. Although formed in 1995, it wasn't until 2004, that debut album *Hopes and Fears* topped the charts. The first single from the album *Somewhere only we know* was followed by many other classics the band still play live today.

Track three, *The way I feel*, is a very good, up-tempo song, reminiscent of the American band, *The Killers*, at their best. The second track, *Love too much* has a great melody and for me is a highlight.

The pace slows right down with *Strange room*, a gentle piano based song, written by band member Rice-Oxley after spending a night in a police cell following driving offences.



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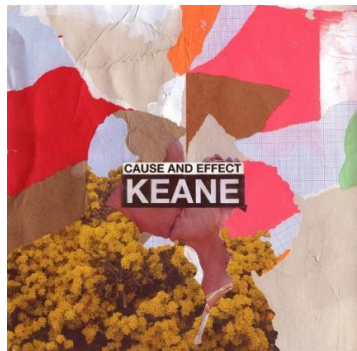
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New Single *Stupid Things* is a heartfelt song about making mistakes, with a good chorus. Track seven, *Phases* is another possible single with a tune that sticks in your head.



So overall a great return by the band.

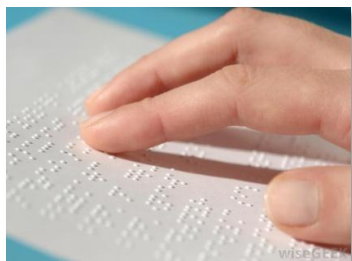
Finally in the early days the original line up featured guitarist Dominic Scott, when he left they carried on mainly with piano and keyboards. Now sometimes dubbed the guitar-less band' this definitely contributes to Keane's unique style.

**MusicMan**



This month in the audio edition, listen to the Celine Dion song, 'Always be your Girl' performed by Toni Kalvans.

The song was recorded at Prism studios in Hanley.



## 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](mailto:news@brighter-futures.org.uk)



## Boys will be boys (Part two)

In part one I told you that I never did anything that bad just maybe slightly mischievous.

The two tales here involve banisters and bonfires. I hope you enjoy reading these stories.

We were on our annual holiday in Colwyn bay. I was aged around ten. Our homely guest house had stairs to the first floor where our rooms were situated.

The banister was long and smooth and a few times during the week I had jumped on to slide down the last few steps. However, on the last day I decided to go for it and slide down from near the top. My parents and sister Jan were waiting for me with cases packed in the T.V. lounge.

No-one saw me as I hurtled down before landing awkwardly banging my head. I managed to get up but my legs were like jelly, my head throbbed and I felt sick. Though feeling guilty, I told my folks I was feeling unwell. My face was white which helped; so they told me to have a lie down.

We still left for home that day, but had to catch a much later train.

The experience put me off banister sliding forever.

I spent several years of my childhood living by the derelict Hanley deep pit, now Forest Park.

Bonfire night was always a highlight for me. Every year kids in my area would compete to build the highest bonfire.

We had an advantage over others, railway sleepers were always plentiful, still on the site from the mine trains.



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The sleepers would form the square base before old sofas, armchairs and any type of wood would go into the middle. We used to knock on doors asking for anything combustible; lino was great as it had tar on the back.

Most years the height would exceed nine feet and of course climbing to the top and jumping off was great fun.

However one year, on hitting the ground I felt a sharp pain in my foot. Looking at my boot heel I saw a large flat headed nail sticking out. My sister and friends promptly rushed over to help me, before deciding that they were all too squeamish to pull it out.

So, as I lay on my back, two held a leg and two an arm before transporting me home, where my mum pulled it out before bathing the wound in Dettol.

The following year I foolishly jumped from the top again. This time I landed on a piece of wood with a six inch nail protruding. I quickly pulled my foot off the nail before limping home. My mum didn't have much sympathy, and this time I applied the Dettol.

The year after I stayed in and did a jigsaw.

**Dennis the Menace**

## 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 the Clubhouses.



## 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](mailto:news@brighter-futures.org.uk)

## 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.



**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

## This Month's Recipe

We hope you had a go at making the chicken fajitas in Issue #28 of the Newsletter. Here is another easy to make recipe, Quorn lasagna.



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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.



### Ingredients

#### For the Quorn sauce:

1 tsp olive oil  
1 onion (finely chopped)  
2 carrots (finely chopped)  
1 Red pepper (chopped)  
4 cloves garlic (peeled and finely chopped)  
400 grams Quorn mince  
400 grams tin chopped plum tomatoes  
1 tablespoon tomato puree  
1 bay leaf  
1/3 tsp dried oregano  
1/3 tsp mace  
Packet of lasagne sheets  
600 millilitres vegetable stock  
Salt and pepper

#### For the cheese sauce:

500ml semi-skimmed milk  
1/3 teaspoon mace  
2 Bay leaves  
3tbsp cornflour  
1tsp English mustard  
60g reduced-fat cheddar cheese  
Salt and pepper

#### Method

Preheat the oven to 180°C (fan 160°C).

Heat up a big saucepan and add the olive oil. Sweat the onion, red pepper, carrot and garlic for around 5 mins over a medium heat then add in the Quorn mince.

Add the tinned tomatoes, tomato puree, bay leaf, mace, oregano and vegetable stock. Season and simmer for 30 minutes or until rich and tasty, adding more stock if necessary.

Now, make the cheese sauce. Heat the milk up gently with the mace, bay leaves and some pepper. Mix the cornflour with 50ml of milk and whisk back into the milk, continuing to cook for 2-3 minutes until thickened. Add the mustard and half the cheese. Check seasoning and set aside.

Take a baking dish and start layering up the ingredients. Start with a layer of Quorn mince, and then pasta, then cheese sauce, keep layering finishing with cheese sauce. Top with the rest of the

cheese and bake for 20-30 mins.



It was a typical summer evening when we set out, cold, wet and windy.

William Shakespeare's Romeo and Juliet was showing at the Mitchell Arts Centre.

It was projected live from the Royal Opera House, London.

Choreographed by Kenneth MacMillan it gave a slightly different perspective to the well know love story.

With many sword fights and bodies all over the floor it was action from the start.



Along with some outstanding dancing from Yasmine Hagdi who played Juliet, Matthew Ball, Romeo and music from the wonderful Sergey Prokofiev, what's not to like.



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**Romeo and Juliet**

Darcey Bussell and Ore Oduba were on hand before the start and between acts to set the scene. If you've never been to a ballet before, if you get the opportunity, you should take the chance to step into this magical world. What a fantastic night.



ENGLISH  
HERITAGE

### Customers take a Trip to 'Warriors at Beeston Castle'

Clubhouse members Christine and Howard recently spent an enjoyable day at Beeston Castle in Cheshire, this is their report. Upon our arrival at the castle and Woodland park we were given a timetable of events.

The weather was warm and sunny, always a big plus for outdoor events.

We found 'Arming the Knight' fascinating. We watched as layers of real chain mail and a heavy iron waistcoat were put onto our brave knight. With a weighty shield and weapons, we were told he would then have to go into battle with an extra nine stone on his body weight.



There was an excellent display of mediaeval cookery using authentic ingredients and recipes. Christine sampled some and was very impressed. Other events included archery, mediaeval music and a fine display of falconry, where we were told how hawks were used in warfare.

The climax of the day was a small battle re-enactment which was very much enjoyed by the large crowd.



Before we left we still had time to take the long walk to the top of the hill to see the castle ruins, giving us breathtaking views over the Cheshire plain and the eight counties beyond.

Overall then, we had a great day.

Check opening times and events on:

[english-heritage.org.uk/beeston](http://english-heritage.org.uk/beeston)

## What is Mindfulness

Mindfulness. It's a pretty straightforward word. It suggests that the mind is fully attending to what's happening, to what you're doing, to the space you're moving through. That might seem trivial, except for the annoying fact that we so often veer from the matter at hand. Our mind takes flight, we lose touch with our body, and pretty soon we're engrossed in obsessive thoughts about something that just happened or fretting about the future. And that makes us anxious.

[mindful.org](http://mindful.org)



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### *This month's Mindful Moments*

**W**e don't stop playing because we grow old; we grow old because we stop playing.

**Georg Bernard Shaw.**

**P**erfection of character is this: to live each day as if it were your last, without frenzy, without apathy, without pretence."

**Marcus Aurelius**

**Y**ou might be tempted to avoid the messiness of daily living for the tranquility of stillness and peacefulness. This of course would be an attachment to stillness, and like any strong attachment, it leads to delusion. It arrests development and short-circuits the cultivation of wisdom.

**Jon Kabat-Zinn**



### **New Vic Seasons Greetings**

**A**lthough first performed in 1980, Alan Ayckbourns classic Christmas farce has stood the test of time very well.

We are invited into Belinda and Neville's house on Christmas Eve; with eight adults and twelve children. The children are never seen but are often talked about and shouted at, off stage.



**Frances Marshall as Belinda**

The house is full of colourful characters including the somewhat intimidating Uncle Harvey a former-security guard, who as always against the wishes of the rest of the family has wrapped toy guns for the children, including the girls.

The fun really starts when late comers Rachel and her friendly novelist friend Clive arrive. Although married to Neville, Belinda flirts outrageously with Clive. Finally in the early hours they try to get naughty by the Christmas tree. Unfortunately one of the wrapped toys by the tree contains a sound activated drummer boy. When it starts to loudly play, they frantically start to unwrap the presents in an effort to find it.

The commotion awakens the rest of the guests who tumble down the stairs to find them both in a state of semi-undress. This hilarious scene brought act one to an end and got a thunderous round of applause.

Boxing Day is the next instalment with the forever entertaining Uncle Bernard who created his own chaos with the three little pigs puppet show. Determined to get the show just right, he decided to do a brilliantly funny run through before the children awoke.

As well as many laugh-out-loud moments, the play also featured some of the bitter-sweet side of life.

As always, all of the members had a great night out.

### **City places to visit Stoke Minster**

**T**he first church on the site of Stoke Minster was built of timber in 670CE. This in turn was replaced with a stone building in 805CE. The remains of this Anglo Anglo-Saxon and former collegiate church survive in the churchyard.

The re-erected arches date from the 13<sup>th</sup> century.

Work began on the present church in 1826 and was consecrated on the 6<sup>th</sup> October 1830.



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The church is the burial place of famous potters, Josiah Wedgwood and Josiah Spode. The Church became a Minster in 2005 in recognition of its wider ministry and to the civic life of the city. Upon our arrival we were greeted by John, a very

The tour is free but donations are appreciated. Opening times are Tue: 12:30 – 13:30; Wed: 9:30 – 15:00; Thurs, Fri, Sat: 12:0 – 15:00. With superb acoustics the Minster has many musical events. Check the website: [stokeminstermusic.org.uk](http://stokeminstermusic.org.uk)



Stoke Minster viewed from the ruins of the mediaeval church

friendly guide, who was more than happy to show us around the Minster's impressive interior. We were both immediately drawn to the beautiful stained glass window to the rear and the lovely carvings in the altar. The organ is situated in the west gallery and was built in 1899 by J.J. Binns of Leeds. Following a brief interlude for tea and coffee, we were taken upstairs to the south gallery to view the stunning and vivid stained glass window created by students of the famous Burslem School of Art in 1921. We both agreed that Stoke Minster is well worth a visit.



This magnificent window was created in 1921 by students of Burslem School of Art



## Eye Spy at the Observatory In Partnership with NSCHT

Here are the proceedings of the Observatory Clubhouse in September and October.

On Halloween, we held our Spooky Karaoke afternoon, on the 30<sup>th</sup> October with a spooky song list for members to sing.



Our movie club at the Bethel Church in Longton was well attended, with comfy chairs and popcorn; this is a lovely way to spend a wintery afternoon. This month we had a spooky showing of 'The Haunted Mansion'. This is always held on the last Monday of the month. Next month the film is Aladdin. If you are interested in coming along, please contact one of our staff members on: 01782 272799



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We have been taking part in our arts and crafts this October and it's been wonderful to see the wide ranging talents of our members.

We have been Lino printing, glass painting, and pebble painting. Special mentions to Janette and Lucy: Janette for her beautiful doll and Lucy for a stunning little fox pebble.



**Janette's pebble doll**

We will be gearing up for Christmas activities soon, so keep an eye out for our November 'What's On?'

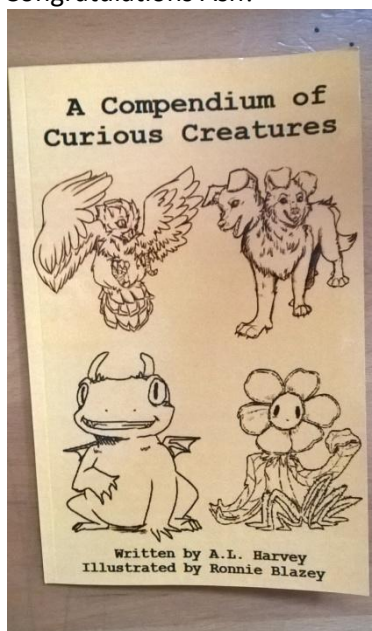
Our first darts tournament took place, and although it was a close run thing, GrowthPoint were victorious on this occasion. The Observatory also lost out on the Pool Tournament this month, with Brian, from *twentyfourSEVEN*, being the outright winner this time.

Our walking group and healthy eating sessions have been taking place, with some members really surprised at

the amount of sugar in some foods. Members said afterwards that they would change some of their food choices in future.

We are now providing 'Tea, Talk and Toast' at the Meir Community Education Centre, every Friday morning from 9am until 11am. This is free, although donations are greatly appreciated. This is a great chance to have a cuppa and a chat in a safe space in the community.

In other news, the multi-talented Ash Harvey has published a book. Ash is also a talented artist and caricaturist and it's great to see this new side to his talents. Congratulations Ash!



**Ash's book**

Up and coming for November: We will have Cook and Eat sessions starting from the 7th November in our Stoke group (at the Baptist Church). Places are very limited now, so please

contact our staff on 01782 272799 as soon as possible if you're interested.



**But Steph, I ordered the large cup cake**

We will be running a free taster gym session at the YMCA, so that you can see if you would like to join, this is on the 8<sup>th</sup> November from 11.30am – 2:00pm. Places will be limited for this, so if you are interested please contact a staff member on 01782 272799 as soon as possible. There will also be a badminton session on 22<sup>nd</sup> November at 11am. Both are available to men only.

There will be a pool tournament between the Observatory and *twentyfourSEVEN* on the 29<sup>th</sup> of November – please sign up at either Clubhouse if you're interested. This is a mixed session.

We will be having another darts Tournament, taking place at GrowthPoint. This will be taking place on 15<sup>th</sup> November at 2pm. Again, please let a member of staff



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know if you would like to take part.

The photography group and the singing group will not be running on 19<sup>th</sup> November, due to training.



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

Wednesday 30<sup>th</sup> October saw early Halloween celebrations in twentyfourSEVEN. Customers carved pumpkins and took part in a spooky quiz.



Chris, Rob and Dave



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



## Karaoke

nights at twentyfourSEVEN have been popular in the past. If you would like there to be a karaoke event then please talk to one of the support workers or call 0300 123 1535 ext 1470

## 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.

## Jokes

Why did the banana go to see the doctor? Because he wasn't peeling well.

Don't worry, the rest of our jokes are even better than the ones that used to be in the Beezer.

I wonder how many chameleons snuck onto the Ark.

I keep my PIN secret, 20-4-7.

What's the difference between a lawn mower and a bag pipe? You can tune a lawn mower.

I believe a person can be full of contradictions. And I also believe that they can't.

I'm making a TV series about the different parts of my gas cooker – I've already filmed the pilot.

My friend told me he was going to an Italian island. I said to him don't be Sicily.

I was walking home and someone threw a block of cheese out of their window and it hit me on the head. I turned round and shouted that wasn't very mature was it.

## 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 poem about darkness by our resident poet Adrian and one about stormy weather by Barbara.

## The switch is flicked

The switch is flicked  
The light fades away  
Back into the darkness  
Until another day

In the darkness  
My thoughts click in  
Which during daylight  
were locked in a tin

In the black  
My mind runs wild  
Things I'd done  
When I was a child

Hang on a minute  
what was that sound  
Into the darkness  
I look around

Was it the pipes  
Or a creek of the door  
Suddenly I don't like  
This dark space anymore



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But then I realise  
The answer's clear  
Just flick the switch  
To kick out this fear

**Adrian**

### Some Storm!

From across the ocean comes  
the breeze  
I love the smell but it makes  
me sneeze  
The clouds are dull with a grey  
overtone  
I suppose it's to do  
with the – 'Ozone'  
Now comes the rain though  
quite mild  
But it won't be long before the  
sea runs wild.  
It comes from the North, this  
bad weather  
And the gulls seem to float as  
light as a feather.  
The wind is picking up soon to  
be a gale  
And it's so amazing to watch  
the seagulls sail  
They grow quite noisy as the  
tide comes in  
I love the sounds as  
the waves begin  
But now the rain begins to  
pour and I am getting wet  
But it does not really worry  
me, or at least, not yet  
I feel I want to stay a while so  
as to understand  
The pressure that's absorbed  
by the beaches golden sand  
The sea comes in as though  
alive, its force is very grand  
As waves now crash against  
the rocks, I can touch it with  
my hand  
The spray like clouds forming  
anew, are seen with such  
delight

As all the rainbow colours  
seem to glow amid the light.  
I love the storm with all its  
strength and all its mighty  
power

But it now proves too much  
for me. 'I'll return to  
Blackpool Tower'

**Barbara**



### Proud to be British

Top ten British national traits.

1. Manner up – We say *thank you* more than anyone else in the world, as reported in the Royal Society, Open Science journal.
2. Sorry- 88% of us say *sorry* even when it isn't our fault apologising needlessly eight times a day.
3. 'Sorry' again – Another study found the average Briton will say the word *sorry* almost two million times in a lifetime.
4. Mustn't grumble: Brits are shy about complaining. One report found that 72% of us are too polite to ask for a refund, for example.
5. The weather: We just can't help ourselves, talking with strangers, friends or family; more than any other nation.
6. A good queue: A third of us feel our love of a queue is what makes us British, according to a survey.

7. Curtain twitchers: We're a nation of nosy neighbours. A poll found 46% of us admit to snooping on neighbours.
8. Telly addicts: We love the box with YouGov research showing it's our favourite way to spend an evening. The average Brit will spend ten years of their lives sitting in front of the T.V.
9. Holidays: We're creatures of habit when it comes to our holidays, with 9 out of 10 Brits revisiting the same place for a break and two million of us going to the same spot every year.
10. We love an underdog: Think *Eddie the Eagle* or *Del Boy*. It's one of our most admired qualities according to a poll of Europeans, along with our ability to keep calm in a crisis by putting the kettle on.

### This Month in the Clubhouse Calendar: November



**Poppies, Tower of London**  
**Pic: Charlotte**



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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  
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**

NOVEMBER 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

**The American Timetable****Monday**

Open 9:30am – 4:00pm  
Pool Tournament  
12:30pm – 4:00pm.  
Social 1:00pm – 4:00pm

**Tuesday**

Open 9:30am – 4:00pm  
Sewing Group  
10:00am – 3:30pm.  
Social 2:00pm – 4:00pm

**Wednesday**

Open 9:30am – 2:00pm  
Craft group  
10:00am – 2:00pm

**Thursday**

Open 9:30am – 6:00pm  
Art Workshop  
10:00am – 2:00pm  
Help with computers,  
phones and tablets  
1:00pm – 3:00pm

**Friday**

Open 9:30am – 4:00pm  
Make and Model  
10:00am – 2:00pm  
Training when available.  
Creative Writing  
1:00pm – 2:00pm.  
Games and Quiz afternoon  
2:00pm – 3:00pm

**TEL: 01782 835220**

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



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## Mindful Colouring

Express yourself in colour with this mindfulness colouring picture.

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



Passionate



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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 Pop Up:**

Tuesday 10:00am – 2:00pm  
Longton Fire Station  
Uttoxeter Road,  
Longton,  
ST3 1NS

Thursday 10:00am – 2:00pm  
Meir Community Education Centre,  
Pickford Place,  
Meir,  
Stoke-on-Trent,  
ST3 7DY



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

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

## Useful Contacts

### **Staffordshire Mental**

#### **Health Helpline:**

0808 800 2234

#### **Self-Harm Support and Recovery**

#### **For further Information**

#### **call toll free:**

07500 444 116

#### **Safe Spaces Network:**

01782 811 815

#### **North Staffs Mind:**

01782 262 100

#### **Citizens' Advice Bureau:**

0344 411 1444

[advice@snsCab.org.uk](mailto:advice@snsCab.org.uk)

[www.snsCab.org.uk](http://www.snsCab.org.uk)

**Changes:** 01782 413 101

**Headway House:** 280 952

**Greenfields:** 0300 790 0236

#### **Sutherland Centre:**

0300 123 1162

**GrowthPoint:** 0300 123 0907

**Access Team:** 0300 123 0907



**brighter futures**

creative support, housing and employment