



Welcome to Issue #30

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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Front cover: Santa flies over Burslem

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Printed at Whittle Court

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!

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

(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 Cook & Eat was a huge success and everybody really enjoyed it and got so much out of it. Every single person prepared and cooked a starter, main and desert and then all sat afterwards and had a dish of each. Every one said they wished it was longer than 6 weeks!!!!



Everyone waiting for a pizza the action



Kathryn with more pizza than the Hut



Bash and Dean precision chopping



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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, Boothen, 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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The Clubhouse Network Christmas / New Year Opening Times 2019/20

American		
23 rd December – 3 rd January	Monday 23 rd December	Open 09.30 – 16.00
	Tuesday 24 th December	Open 09.30 – 14.00
	Wednesday 25 th December	CLOSED
	Thursday 26 th December	CLOSED
	Friday 27 th December	Open 09.30 – 16.00
	Monday 30 th December	Open 09.30 – 16.00
	Tuesday 31 st January	Open 09.30 – 14.00
	Wednesday 1 st January	CLOSED
	Thursday 2 nd January	Open 09.30 – 16.00
	Friday 3 rd January	Open 09.30 – 16.00
Observatory		
23 rd December – 3 rd January	Monday 23 rd December	Open 09.30 – 16.00 art CLOSED
	Tuesday 24 th December	CLOSED
	Wednesday 25 th December	CLOSED
	Thursday 26 th December	CLOSED
	Friday 27 th December	CLOSED
	Monday 30 th December	CLOSED
	Tuesday 31 st January	CLOSED
	Wednesday 1 st January	CLOSED
	Thursday 2 nd January	CLOSED
	Friday 3 rd January	Open 09.30 – 16.00
twentyfourSeven		
23 rd December – 3 rd January	23 rd December – 3 rd January	Open 09.00 – 21.00
Clubhouse open as above, restricted café menu, tea and coffee and juice available.		
Pop Up – Meir and Longton		
23 rd December – 3 rd January	23 rd December – 3 rd January	CLOSED
Self Harm Support & Recovery		
23 rd December – 3 rd January	Monday 23 rd December	1-2-1 support only
	Tuesday 24 th December	1-2-1 support only
	Wednesday 25 th December	CLOSED
	Thursday 26 th December	CLOSED
	Friday 27 th December	Art group at American
	Monday 30 th December	1-2-1 support only
	Tuesday 31 st January	1-2-1 support only
	Wednesday 1 st January	CLOSED
	Thursday 2 nd January	Social group at Furlong Court
	Friday 3 rd January	Art group at American



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The next Customer Forum is taking place on Monday 13th January, 3pm – 4.30pm in the boardroom at Whittle Court

If you would like to attend this meeting please speak to a support worker before 8th January

**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 2020. 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



Christmas Hampers

The draw for the Christmas hampers will take place on 20th December at the American Clubhouse.



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Local History: Reginald Mitchell

Reginald Joseph Mitchell was born on the 20th May 1895 at 115, Congleton Road, Butt Lane in Kidsgrove.



The Spitfire's graceful lines cut through the sky

After leaving Hanley High School a co-ed grammar school at sixteen, he gained an apprenticeship at Kerr Stuart and Co of Fenton, a locomotive engineering works. At the end of his apprenticeship he worked in the drawing office. at Kerr Stuart and studied engineering and mathematics at night school.

In 1917 aged 22, he joined Supermarine. Advancing quickly within the company, Mitchell was appointed chief designer in 1919. He was made Chief Engineer in 1920 and Technical Director in 1927. He was so highly regarded that when Vickers took over Supermarine in 1928, one of the conditions was that Mitchell stayed as designer for the next five years. Between 1920 and 1936 Mitchell designed 24 aircraft mainly seaplanes.

In 1931, the Air Ministry issued specification F7/30 for a fighter aircraft to replace the

said that, 'Spitfire was just the sort of bloody silly name they would choose'.

Mitchell's design was so sound that throughout World War II over 22,000 Spitfires were built; of which 60 remain airworthy.



Mitchell's local legacy

In 1957 the Mitchell Memorial Theatre (Now known as the Mitchell Arts Centre) was constructed in his honour.

In 1989, the school Mitchell attended, Hanley High School was renamed Mitchell High School.

The Potteries Museum and art Gallery own a Spitfire (RW388) this is now being restored to its former glory with a grand opening to be scheduled in 2021.

Finally, in Hanley the old meat market is now owned by Wetherpoons and is known as the Reginald Mitchell. The pub has many pictures of Mitchell and the aircraft he designed.



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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>



**My boyhood
hobbies:
Lego, Meccano and
Mamod**

From an early age I can remember enjoying construction toys.

I had a basic Lego set with a small grey base board and it didn't take too long to build something like a small house.

My favourite part was always deciding on the number of windows and where to put them.

However, I always found Lego to be rather restrictive. All of the bricks, although different sizes were square and so making anything with a curve in it was nigh on impossible.

As an older child things changed for the better when

Santa delivered the Meccano set I so much needed

The one I was given was called Airport Service Set (No. 4). Making small aeroplanes and helicopters was great but my favourite was a tall loading crane.



It had a fully working winch and a manually operated crank enabling me to lift items off the runway. (our carpet)

The kits came with a box of tiny nuts and bolts, instruction manual and small spanner.

Although the miniature steel girders were straight, you were also given flexible plastic panels making it easy to construct any model with a curvature.

Like most boys I also had many Airfix kits, but on my many visits to our local model shop I was always drawn to the Mamod steam engines.

Mamod's crème de la crème a magnificent traction engine was always on display. I knew my parents would never have enough money for that, but looking back I have very fond memories of a fairly basic engine from my childhood.

It had a single flywheel and piston, but the best part, as with real engines it needed fire to produce the required steam.

You were given a small metal container with a handle to go into the firebox. The fuel needed was methylated spirit so I used to



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go along to our local chemist to purchase some.

The engine came with a miniature funnel to go into the brass boiler. The water could then be poured in.

Mamod

For safety reasons the boiler was fitted with a safety valve. If too much steam was produced the valve would open to prevent the boiler from blowing up.



Full steam ahead Casey

When the water boiled you simply flicked the flywheel and then it would spin around. Although it was on a metal base, mine did vibrate and move along the table. So I used a 'G' clamp to secure it. Mum gave me an old rag as the parts would get very hot, including the great steam whistle.

I think because of the noise and the smell of steam, visitors to our house would always want to see my engine running and I was always more than happy to oblige.



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



Santa's Magic Key

It is often said that once a child no longer believes in Father Christmas their childhood is coming to an end. Looking back I remember a time when myself and younger

sister Jan were starting to doubt the existence of the man in the big red suit.

We had worked out that it wouldn't be feasible for him to enter every home in the land via the chimney due to the heat. So our mum came up with a much more plausible 'Magic Key' story.



It was a key so magical that it enabled Santa to enter every home in the dead of the night. Being a child of the sixties, Christmas was always a wonderful time. From the middle of November many of the larger shops in the city would have a Santa with a small grotto; however by far the best was Santa Claus in Lewis's. (Now Debenhams)

Every year he would arrive in a fire engine and then climb a tall ladder to enter the building; waving at the crowds of excited children with his white gloves. (Spoiler alert, he was of course a fireman in a padded suit)

Each year the store would do a different themed grotto with fantastic animatronics to make the puppets seem life like.

The queues were always very long to see the great man but no one minded. In the long



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passage way at every turn there was another display of colourful puppets to see. As I stated previously other shops had Santas, but none like Lewis's. The gift every child received from Saint Nick was also the best. So for us he was the real Santa.

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@BFNW


Rough Sleeper Team

Call us **FREE** on
0800 970 2304

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Newcastle-under-Lyme, Stoke-on-Trent
or Staffs Moorlands.

*Free from landlines and most mobile providers

Album of the month:
A review by MusicMan
of the top 5 best selling
UK singles

1. Candle in the wind ('97)

This song was a hit for Elton in 1974 in honour of Marilyn Monroe. In 1997 with the sad passing of Diana Spencer, Princess of Wales, royalist Elton re-wrote the words

which captured the mood of a grieving nation.

In my opinion Elton John wrote his best songs in the early part of his career, my favourite song being Your Song.

However, this is also a great tune and is at number one by over a million sales more than Band Aid.

2. Do they know it's Christmas? Band Aid.

This epic charity song was written in 1984 by Bob Geldof and Midge Ure in reaction to the television reports of the 1983-1985 famine in Ethiopia.

It was recorded in a single day by many of the biggest British and Irish musical

With a top tune, I think this first ever mega-group charity pop-song will always be considered the best.

3. Bohemian Rhapsody – Queen

The song was written by Freddie Mercury in 1975, a six minute suite, consisting of several sections without a chorus: an intro, a ballad segment, an operatic passage, a hard rock part and a reflective coda.

Upon its release, critics were divided on the song's merits and indeed I recall one where the writer said, 'This song could sell one and reach a million in the charts or sell a million and get to number one.'



Bob and Midge

acts at the time.

The song was also a major success around the world, reaching number one in thirteen other countries outside the UK.

Geldof's cautious hope was that the single would raise £70,000 for Ethiopia but the song went on to raise £8m within twelve months of release.

Of course the song sold inordinately more than the single copy proposed.

4. Mull of Kintyre – Wings

The song was written by Paul McCartney and Denny Laine as a tribute to the area in Scotland where McCartney owned a farm. For me Paul has written many better songs.



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However it has to be said the Mull is one of those annoying songs that once heard stays in your head for the rest of the day and to make matters worse it ends with a chorus of out of tune bagpipes. (Only joking)

5. You're the one that I want – John Travolta and Olivia Newton-John

Taken from the globally successful film Grease, this catchy pop song was augmented by a great video.

MusicMan

Footnote: As a child of the sixties and a Beatles fan I was surprised to see the band were not in the top five. It takes all sorts.



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

This month's Mindful Moments

You can judge your age by the amount of pain you feel when you come into contact with a new idea.

Pearl S. Buck

You're more responsible ethically for being there with your interconnection to the world, but the you now is an always changing one, and you're responsible for how you change it. It's very important to understand that whole thing about the ego.

Robert Thurman

The key to knowing joy is being easily pleased.

Mark Nepo.

This Month's Recipe

We hope you had a go at making the Quorn Lasagne in Issue #29 of the Newsletter. Here is another

easy to make recipe, Cheesy Sprout gratin.

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

600g Brussels sprouts, trimmed and halved if large
1 tbsp olive oil
50g unsalted butter
2 banana shallots, finely chopped
50g plain flour
750ml semi-skimmed milk
100ml double cream
1 tbsp English mustard
150g mature vegetarian cheddar, grated
40g dried breadcrumbs (panko work well)
2 thyme sprigs, leaves picked
60g blanched hazelnuts, roughly chopped



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Method

Bring a large pan of lightly salted water to the boil. Tip in the sprouts and cook for 3 mins, then drain and set aside to steam-dry.

Heat the oil and butter in a medium saucepan until the butter is foaming, add the shallots and cook over a low heat for 7 mins or until softened. Stir in the flour and cook for 2 mins. Remove from the heat and whisk in the milk in several pours, continuously whisking until you get a smooth sauce. Return to the heat and simmer for 2 mins, whisking all the time. Whisk through the cream, mustard and cheddar. Now season the sauce to taste. Heat the oven to 220C/200C fan/gas 7.

Toss together the dried breadcrumbs, thyme leaves and hazelnuts. Tip the sprouts into a deep 30 x 20cm ovenproof dish and pour over the sauce. Top with the nutty breadcrumbs. This recipe will keep in the fridge for up to 24 hours. Bake in the centre of the oven for 20-25 minutes or until golden brown and bubbling. Leave to rest for at least 10 minutes before serving.



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

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.

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, listen to 'One More Sleep' by Leona Lewis performed by Toni Kalvans and 'People Like Us' by Talking Heads sung and played by Paul Jackson



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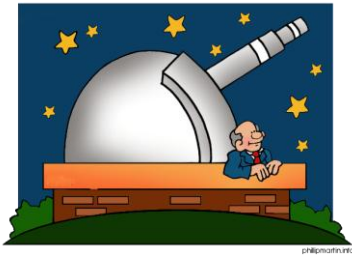
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Eye Spy at the Observatory In Partnership with NSCHT

Here are the proceedings of the Observatory clubhouse in November and December.

There have been lots of exciting art projects within Day Services this month.

We collaborated with The Cultural Sisters on a project called 'MEN-ding': this was a workshop for male service users, exploring issues surrounding men's mental health and the concept of men being good at fixing things. We used broken and found objects and re-shaped them, re-purposed them and created sculptures.

Fifteen service users attended a metal workshop at Staffordshire University.



The metal workshop was very popular



Sandie and Angela working the craft stall

This was an exciting opportunity for people to learn new skills and make metal sculptures, bowls and jewellery.

Feedback has been really positive and some beautiful work was created, and there will be several more workshops at Staffordshire University in 2020.

The photography group have been meeting weekly and have been out and about visiting different places, like Trentham Gardens, Westport Lake and Middleport Pottery.

We have recently started running a Tea, Talk & Toast

Group every Friday 9am – 11am at the Meir Hub, this is going well, please drop in for a cup of tea and a slice of toast.

At our Monday Bethel Group in Dresden, a service user completed a sponsored dress up.



Dawn with her medal



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This raised £140 which was donated to the Douglas Macmillan Hospice, Dawn was awarded a medal

We recently had a stall at the Christmas craft fair at the Harplands hospital selling items created within our art workshops. We were ably assisted by Sandie and Angela, whose help on the day was greatly appreciated (see photo).

Upcoming Events and Activities

Wednesday 18th December 11am – 3pm we are having a Christmas party at the Observatory. A £3 entrance fee includes a buffet and a raffle ticket with a chance to win a Christmas Hamper.

We have also arranged a trip to the local theatre to watch Sleeping Beauty on January 3rd 2020. Please speak to staff for details.



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



Usman is this month's pool tournament winner



Jesse and Steve with the Top Cat cushion made by Steve

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.



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

Jokes

Who hides in a bakery at Christmas? A mince spy!

Buy quality crackers or you will get jokes like that one. Here are some much better efforts.

If I had a DeLorean... I'd probably only drive it from time to time.

I bought a Theramin, but I haven't touched it for years.

Last night I dreamed I was swimming in an ocean of



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orange soda. But it was just a Fanta sea.

Remember when plastic surgery was a taboo subject? Now you mention Botox and nobody raises an eyebrow.

I've created an app to help with insomnia, called Slumbr, which lets you talk to people until you fall asleep... It's online sedating.

I took a poll recently and 100% of people were annoyed their tents had fallen down.

As a vegan I think people who sell meat are disgusting, but apparently people who sell fruit and vegetables are grocer.

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 Christmas poem by our resident poet Adrian.

The Magic Time

Christmas is upon us
Here once more
Children anticipating
What lies in store
Santa will visit
Every neighbourhood
Leaving us gifts
Even if you've not been good
Wait for the tinkle
Of a little bell
That tells us he's here
And all is well
Keep your eyes shut
So he won't know

You're really awake
And raring to go
Don't forget the mince pies
We left by the tree
Just to say thank you
With best wishes from me
In a short while
He's back on to the rooves
Guiding his Reindeer
Sparkles shooting from their
hooves

Adrian



Most of us enjoy a trip to the cinema. Here are the top 10 grossing films. Is your favourite on the list?

1. Avengers: Endgame (2019) \$2.796bn
2. Avatar (2009) \$2.79bn
3. Titanic (1997) \$2.19bn
4. Star Wars: The Force Awakens (2015) \$2.07bn
5. Avengers: Infinity War (2018) \$2.05bn
6. Jurassic World (2015) \$1.67bn
7. The Lion King (2019) \$1.6bn

8. The Avengers (2012) \$1.52bn
9. Furious 7 (2015) \$1.52bn
10. Avengers: Age of Ultron (2015) \$1.41bn



Charlotte dressed as Santa, taking part in the Santa run for the Alice charity.

This Month in the Clubhouse Calendar: December



Christmas in Stoke Pic: Wenda



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Newsletter Christmas Quiz

How many of these quiz questions will you answer correctly?

- 1 Who was the star of the Christmas movie, 'Jungle all the way'?
- 2 How many Ghosts are there in 'A Christmas Carol'?
- 3 What was the name of the animated Christmas movie featuring Tom Hanks??
- 4 What is the name given to small sausages wrapped in bacon?
- 5 What is a female turkey called?
- 6 Including Rudolph how many reindeer pull Santa's sleigh??
- 7 Who once stole Christmas?
- 8 How does Good King Wenceslas like his pizzas?
- 9 What birds are popular on Christmas cards?
- 10 Which soft drinks company was the first to have advertisements featuring Santa?
- 11 Who recorded, 'Blue Christmas'?
- 12 Which festive song was originally called, 'One Horse Open Sleigh'?
- 13 What colour are the berries on a mistletoe plant?
- 14 What star sign would you be if you were born on Christmas day: Capricorn, Leo or Taurus
- 15 In the song, what did my true love give to me on the fourth day of Christmas?
- 16 Which reindeer starts with the letter: B?
- 17 In what city did, 'Miracle on 34th Street take place'?
- 18 Name the short film that features the song, 'Walking in the air'?
- 19 What is the date of St. Stephens's day?
- 20 Which is the name of George Bailey's guardian angel in the film, 'It's a Wonderful Life'?

Answers

- 20 Clarence
- 19 26th December
- 18 The Snow
- 17 New York
- 16 Blitzen
- 15 Four calling birds
- 14 Capricorn
- 13 White
- 12 Jingle Bells
- 11 Elvis Presley
- 10 Coca-Cola
- 9 Robins
- even?
- 8 Deep pan, crisp and
- 7 The Grinch
- 6 Nine
- 5 A hen
- 4 Pigs in blanket
- 3 The Polar Express
- 2 Four
- 1 Arnold Schwarzenegger



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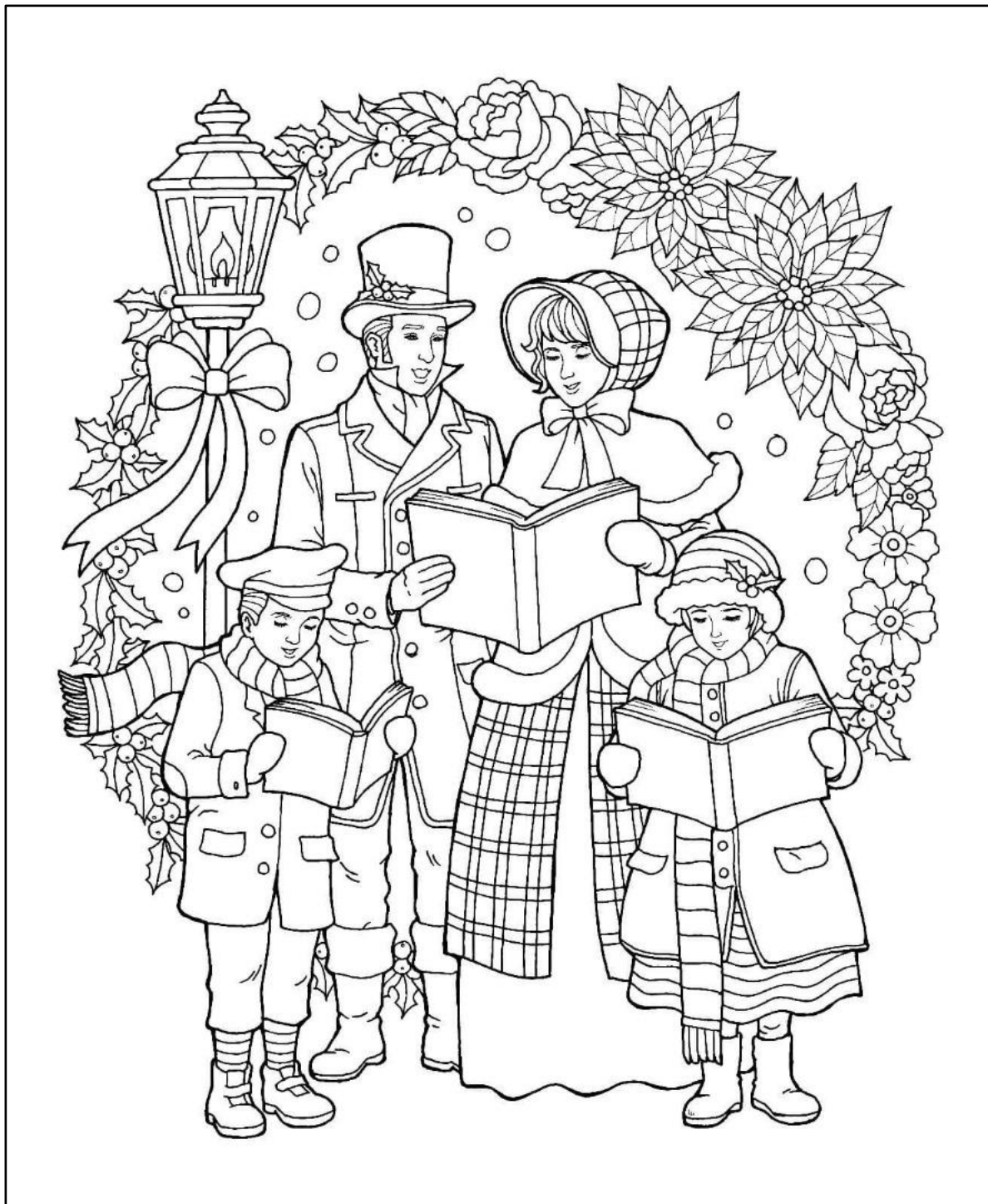


Equal

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 Pop Up:

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

Self-Harm Support and Recovery

**For further Information
call free on:**

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



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