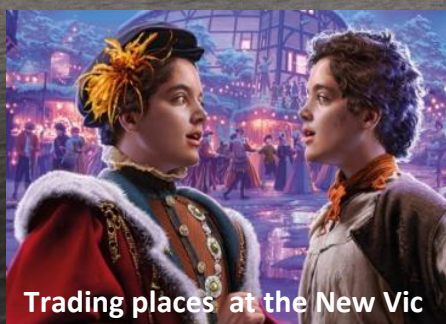


THANKS TO
TESCO

for their
continued support of
The Clubhouse Network



Trading places at the New Vic

JCB Dancing
Diggers

Telling
Stories

Sledging
Wood v Plastic

Welcome to Issue #31

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: A cold day at Cuil Bay

Your monthly Newsletter is created by:

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Howard Dexter

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Our resident poet is: Adrian Croxton

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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!

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

(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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TELLING STORIES

It's been nearly 10 years since Amanda Bromley opened Barewall. As photography club member Tony Chen chats to her about art, Burslem and the future you can read her quite well. Her pragmatism is apparent, her determination shines out of her, and she's very straight talking - which for someone who deals in the world of the arts and creativity is quite rare. She has a passion for Burslem that burns, and as she talks Tony through the background of Barewall it's easy to warm to her - like many from Stoke-on-Trent she's very matter of fact, presenting herself exactly as she is, as she's neither the desire nor the time to pretend to be someone else.

Born of the art festivals in the Burslem School of Art, the art shops that Amanda and volunteers ran in order to keep the funding stream for the School of Art open grew into a desire to focus on and celebrate art produced in Stoke-on-Trent and offer it to a wider market. Growing over the last nine years Amanda has found that art customers aren't just buying a painting or sculpture, they are buying part of the city - so when it comes to selling pieces she has to get to know her clients, show them the area that has inspired the art they are buying, and show off the city to them - staying in touch so that when pieces of interest surface on the market she can make contact with an offer of a piece that she knows will delight a client. She claims to have made many a good friend this way, and when bonding over a shared love of art - why wouldn't you?

This approach to her work, along with the (re)growth of the creative and cultural sector in the city has seen Amanda focus on a few number of key artists' whose stories she recounts as if she were running through a list of friends. The biggest? Arthur Berry.

Born in 1925 in Smallthorne, and unable to partake in traditional industries due to physical impairment Arthur found himself enrolled in the Burslem School of Art. Amanda talks enthusiastically about Berry's work, his recognition by art historians who defined the term "Northern School" in 1989 - describing Berry and two other influential Northern artists. As she recounts this to us Amanda's passion for the subject is plain as she reaches for a CD of 'lost recordings' of Berry found by his daughter after his death and mastered in to a single collection.

As a shoot location for the photography club the gallery looks out over the market place of Burslem and some stunning old buildings, there's no denying that some parts of Burslem are very easy on the eye, others admittedly less so, but Amanda is immediately on guard when a member of the group comments about the condition of a building off the market she is quick to point out that Burslem is ripe for opportunity, and if people want to make changes - they can.

Telling Stories is a Burslem Photo Club project.

Contact: daniel.lyttleton@mcmstoke.org.uk





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
Burslem Photo Club	The Coffee Lounge, Swan Square, Burslem, Stoke On Trent ST6 2AA 07375 420509 thecoffeelounge.org.uk	Photography can be a therapeutic activity, come along and have a go. No need to own an expensive camera. The Photo Club meets every three weeks or so at the Swan Bank coffee lounge. daniel.lyttleton@mcmstoke.org.uk Facebook.com/mcmsot
BELONG	Lower Street Newcastle-under-Lyme, Staffordshire, ST5 2RS. Wheelchair accessible. Parking on site.	Homes for people with dementia and so much more. Cafes, gym, internet, art gallery, parties, hireable rooms, and heritage museum. This incredible building blends the lives of the residents with the community. A truly unique space and experience in this area.
West End Community Centre and Café	London Road, Boothem, Stoke-on-Trent. ST4 5AW	Wednesday – Friday 10:00am – 2:00pm An excellent cafe with great food at great prices. Community activities. westendcommunitycentre.weebly.com/
Dudson Café	The Dudson Centre, Hope Street, Hanley, Stoke on Trent. ST1 5DD	The Dudson Cafe serves simple, tasty, wholesome food in a relaxed and friendly environment. With daily soup choices and regular specials, the menu has something for everyone.
City Central Library	Bethesda Street, Hanley, Stoke-on-Trent. ST1 3RS Easy parking. Wheelchair accessible.	Lending and Reference library. Audio Books, eBooks and eMagazines. Membership required (Free). Check for activities. 19 Computers and free 1 to 1 Bookable IT help Open 9:00am 'til 6:00pm weekdays (5:00pm Friday) Saturday 10:00am – 2:00pm Sunday Closed



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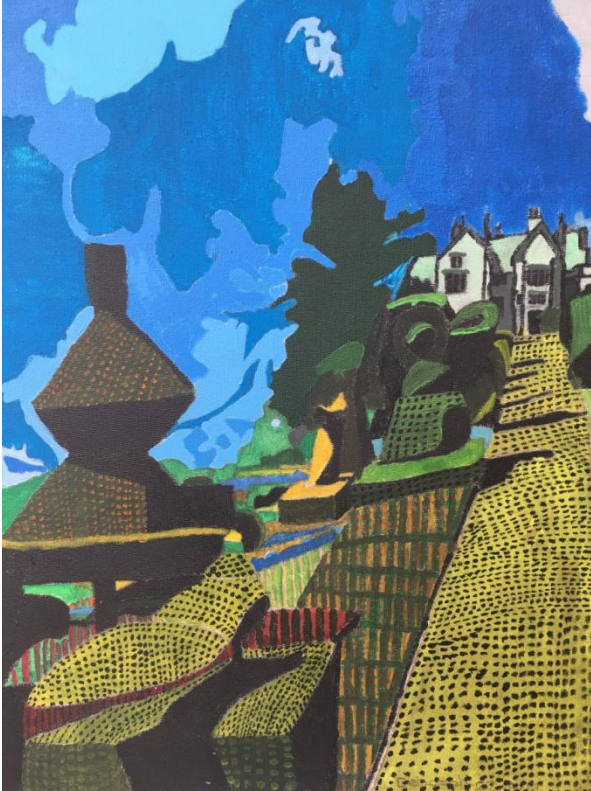
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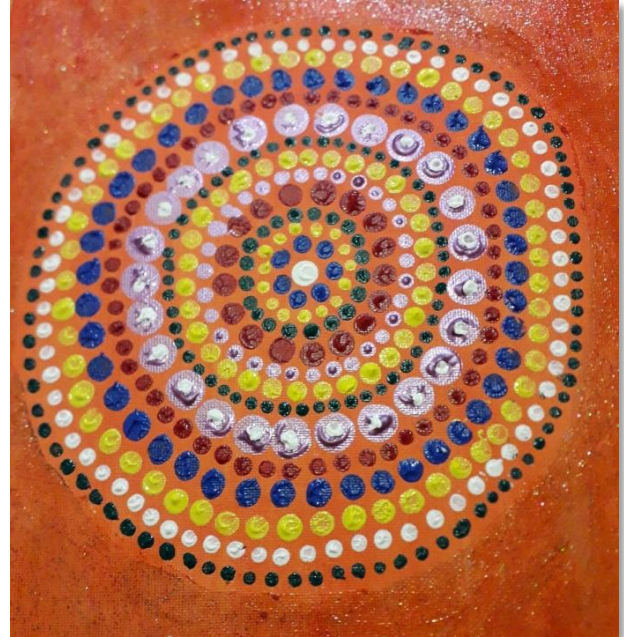
Equal

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

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



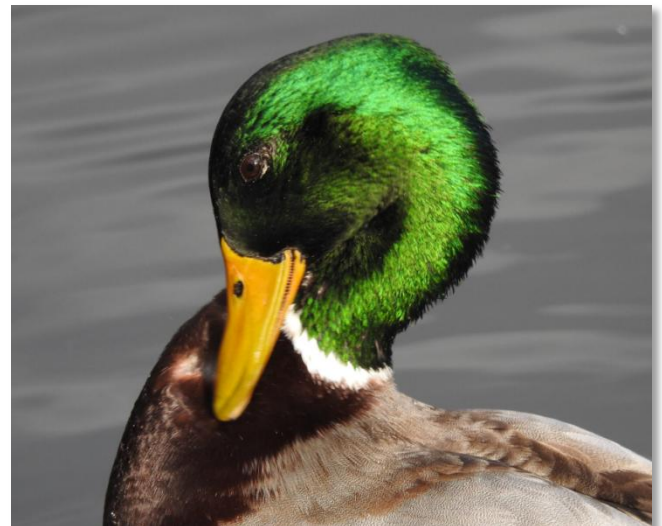
A fascinating landscape by Debbie



A Mandela by Amanda



Charlotte's photo of the visitor centre at Westport Lake



A duck in the Potteries, who would have thought it? Photo: Charlotte



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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



brighter futures

GOT ★ TALENT

**Its back, so get your
act together and show us
what you can do**

**Coming soon
Watch this space!**

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 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



January Raffle

Win some warm bedding in
the winter raffle. See Jean to
get your ticket.



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Local History
JCB Was founded by Joseph Cyril Bamford in Uttoxeter in Staffordshire. He rented a 12' by 15' lock-up garage and bought a second hand welding set from English Electric for £2 10s in old money.

He made his first vehicle, a tipping trailer from war-surplus materials. The trailers sides and floors were made from steel sheets that had been part of air raid shelters.

He sold the trailer at a nearby market for £45, and soon after he left the garage and made vehicles in Eckersley's coal yard in Uttoxeter. The first trailer and welding set from this time have been preserved. In 1948, six people were working for the company and they made the first hydraulic tipping trailer.

In 1950 the company moved to an old cheese factory in Rokester.

A year later Bamford began painting his products yellow.

In 1953 the company's first backhoe loader was launched and the JCB logo appeared for the first time. The logo was designed by Derby Media employee Leslie Smith.

In 1957 JCB launched the Hydra-Digga incorporating the excavator and the major loader as a single all-purpose tool useful for the agricultural

and construction industries.

In 1960 hydraulic tractors entered the North American market proving a long lasting success. JCB has since become one of the leading excavator brands globally.

By 1964, JCB had sold over 3000 backhoe loaders.

The next year the first 360° excavator was introduced, the JCB 7 followed in 1978 by the Loadall machine.

Expansion continued in 1979 as JCB started operations in India and in 1991 entered into a joint venture with Sumitomo of Japan an arrangement that lasted until 1998.

Two years later a JCB factory was completed in Georgia in the USA and the next year a factory was opened in Brazil.

Always innovative, in 2018 to great interest the company launched its first ever electric digger in response to customer



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demands for a zero emissions machine which is also capable of working indoors, underground and close to people in urban areas.

The 1.9 tonne mini excavator can be charged by simply plugging it in to a standard 240 volt domestic supply.

Once fully charged, it is ready to put in a full normal working day on site; digging with the same speed and power as it's diesel counterpart.

Because the digger is so quiet the 'On' button causes a loud beep to warn the operator and workers that the machine is active.

Lord Bamford said, 'JCB has been at the forefront of developing, low emission diesel powered construction equipment for decades.

However with urbanisation, machines are operating more closely to people as well as digging indoors and near hospitals. It's for this reason we have put ourselves at the forefront of alternative power technologies and developed the first ever electric JCB digger.

To demonstrate his faith in the hydraulic fail-safes on the JCB machines; which lock the arms in the event of a loss of hydraulic pressure preventing them from crashing to the ground, Mr. Bamford arranged to have several backhoes raise themselves up on their arms and drove a car beneath them. The stunt was then developed into the world

famous, 'Dancing Digger' shows.

The 'Dancing Digger' team members are all JCB employees.

The demonstration team visit prospective customers to demonstrate the machines on the customer property in order to prove the machines suitability for the task in hand.

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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 one of 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

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@BFNW



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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>



This month in the audio edition, listen to the Celine Dion song, 'Recovering' and Bette Midler classic 'The Rose' both played and sung by Toni Kalvans.

These songs were both 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

The Prince and the Pauper at the New Vic

On December 30th Clubhouse members attended the theatre to watch a production of the play based on the historical novel by Mark Twain.

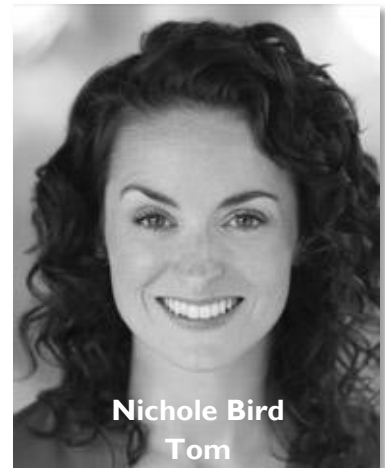
The two starring roles were played by twins Danielle and Nichole Bird.

Danielle played Edward as a bumbling, nice-but-dim posh boy while Nichole's commoner Tom was braver and wilier. They were joined by a large capable cast that together created the look and feel of Tudor London.



Twins?

The two boys meet one day and chat about their vastly different life styles; Edward with all the riches and Tom with a poor but happy life.



Nichole Bird
Tom

Edward soon becomes aware that even with his many servants he has none of Tom's freedom to enjoy the simple things in life and so the two of them decide to swap clothes.



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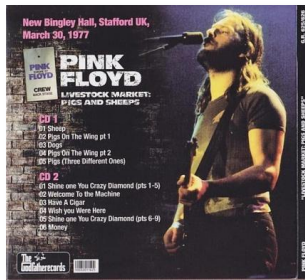


Equal

The show was very energetic with many long chases and very clever non-contact fight sequences.



Added to this a maypole dance created visual splendour. While a great comic touch was provided by Gareth Cassidy who played a sardonic Mary Tudor who floated around with the aid of an ingenious skirt on wheels. As always members had a great night out at the New Vic.



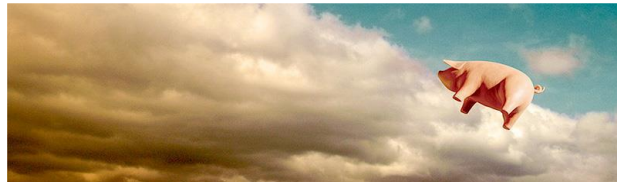
Bands at Bingley Hall

Before the NEC was built at Birmingham in 1976 Bingley Hall was the main Midlands venue for bands with a

massive fan base to play. Notable past performers have included, The Rolling Stones, Pink Floyd, The Eagles and David Bowie.

The problem was for most of the year the hall was used for agricultural events meaning the venue had no dressing rooms and so bands were forced to use their tour buses to prepare for shows.

Although it has to be said with most of the acts classed in the super group category, their touring vehicles contained showers, beds and many other top of the range features for pre and post show relaxation.



The facilities were not ideal for the thousands who went to the gigs, the toilets were always smelly portaloos and every band I saw there it was standing room only.

In addition, the acoustics were poor, maybe not a surprise when you consider that it was really just a large cow shed.

However I did have some good times there. Highlights for me were, Mike Oldfield, Canadian band Rush and Yes with world famous keyboard player Ric Wakeman and Pink Floyd.

I had been a fan of the 'Floyd' for many years but I had never seen them perform live. At the time they were also known for their spectacular light and laser shows.

In 1977 I purchased a copy of their new record Animals and was delighted when I found out that Bingley Hall was on the tour list.

One of the highlights of the show was to be an enormous 40ft inflatable pig complete with laser eyes.

I read reviews of the tour before Bingley, every one praising the band and the said pink pig. (Tickets were £3.50) On the night the concert was great but everyone was eagerly waiting for the large porker. After a two hour set the band left the stage to thunderous applause at the

end of the show, but none of us were really worried as we knew that the band would often end with something spectacular during the long encore. Twenty minutes later, still no pig. The band later apologised saying the low ceiling had prevented them from using the inflatable. There is a saying, 'There is as much chance of seeing a pig fly'. I would have to agree!

MusicMan

What is Mindfulness

Mindfulness is the aware, balanced acceptance of the



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present experience. It isn't more complicated than that. It is opening to or receiving the present moment, pleasant or unpleasant, just as it is, without either clinging to it or rejecting it.

Sylvia Boorstein

This month's Mindful Moments

The basic root of happiness lies in our minds; outer circumstances are nothing more than adverse of favourable.

Matthieu Ricard.

Drink your tea slowly and reverently, as if it is the axis on which the world Earth revolves – slowly, evenly, without rushing toward the future; live the actual moment. Only this moment is life.

Thich Nhat Hanh

Worrying is like a rocking chair. It gives you something to do, but it gets you nowhere.

Glenn Turner

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

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.

Clubhouse Stories:

Maralyn

Maralyn first came to the American in 2014. She is a full-time carer to her younger sister Caroline who is also a Clubhouse member.

Maralyn has battled with mental health issues for most of her life but always puts her two sons and sister before herself.

In the past she has had many jobs and in 2017 began a two year college course to train as a foot health practitioner.

Now she is self-employed her new job is perfect as she can fit it around her busy family life.

Maralyn loves music and her favourite bands are James and Stereophonics. She also likes dance music and singer Jake Bugg.

Maralyn's favourite place to holiday is France and in the past has enjoyed trips to Montecarlo and Normandy.

An area she would like to visit one day is the south of France.

Favourite films of Maralyn's would be from the 50's including It's a Wonderful Life and most Cary Grant and Doris Day movies.



Maralyn in motion

She has attended the New Victoria theatre with fellow members several times and loved Singing in the Rain.

When she has the time Maralyn enjoys cooking saying she likes Chinese, Indian and Caribbean the best.

She enjoys reading most medical books and also has a passion for spy and thriller reads.



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Maralyn is a dog lover and her pride and joy is Jasper an English Springer spaniel.

Finally she would like to thank all the staff at Clubhouse for their help and support over the years and knows when work permits she can always pop in for a chat and a cuppa.



Sledging: Wood v Plastic

As a child of the 60s, on seeing the first snowflake of winter, my thoughts always went to sledging. We had a very heavy wooden one. With some plastic washing line attached to pull it. Having stood there idle since the previous winter the runners were always rusty. So the first job was to clean them with an old rag and my Dads 3-in-1 oil. When the snow got deep enough my mum would take it outside for me due to its weight. We lived in Shelton at the time on a flat street and so pulling my sister and other pals was hard work. Sometimes my mum would take us to nearby Hanley Park where there were some small hills. This was better but we still never went very fast. However by the mid 80s I had

kids of my own and by now most people had sledges in lightweight plastic; they were great.

From an early age, on a snowy day one of my boys could easily pick it up to take outside. By now I was living in Burslem and there is a fantastic sledging hill, just off High Lane that goes all the way down to Bradley. After a heavy snowfall crowds would gather there. From top to bottom the ride would take



several minutes. Though the walk back up was much longer.

The great thing was, with so many people using the hill the snow would compact and get firmer meaning the rides got faster. We had a bright red one, that luckily I could fit on. One day after many rides we were all starting to get cold. Before heading home I decided to have one last go. There were several starting points on the hill. As it was to be my final ride of the day I decided to go to the very top. It was so exhilarating to feel cold air on my face as I started to speed down the hill. This was definitely my fastest ride

ever! When suddenly I heard a cracking noise under the sledge. I quickly put out both feet to stop, before getting off.



I had gone over a jagged rock under the snow. I got up and surveyed the damage. There was now a large crack on the

red plastic.

At this point I heard my family running down the hill laughing loudly. They had spotted a large hole in my jeans, exposing my backside.

Then my wife's expression changed as she noticed that I was bleeding. I must admit by now I was in some pain. She gave me her handkerchief to stem the flow as we walked home. It didn't spoil the day even though the sledge and my jeans both went in the bin. My three sons have now grown up but they agree that it was the best sledging day ever.

Injured Dad



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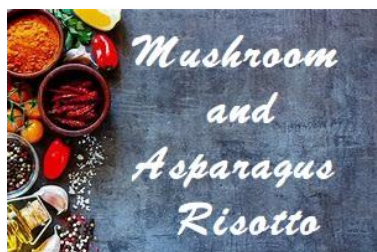


Equal

This Month's Recipe

We hope you had a go at making the cheesy sprout gratin in Issue #30 of the Newsletter. Here is another easy to make recipe, mushroom and asparagus risotto.

This recipe is delicious just served alone but some nice crusty bread and a salad would accompany the risotto perfectly.



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

1 dessert spoon olive oil
1 small onion (finely chopped)
3 large field mushrooms (chopped into wedges)
A pack of asparagus cut into 2cm pieces
1 small pack porcini
1 clove garlic (peeled and finely chopped)
1 cup Arborio rice
1 lemon, grate a couple of centimetres of the zest
500ml vegetable stock
1 handful fresh parsley, finely chopped
1 generous knob of butter
Gruyere cheese
Salt and pepper

Method

This recipe can most easily be made using an omelette pan; though a deep frying pan is also fine.

Soak the porcini mushrooms in a dish of hot water for 15 mins or so (before starting cooking). First fry the onion in the olive oil until it begins to soften. Add the rice and garlic and lemon zest, gently heat until the rice begins to become translucent.

Whilst cooking the rice remove the porcini from the dish being careful not to disturb any sediment. Spoon the mushroom liquor into the vegetable stock. Chop the porcini finely.

Now cover the rice with the stock. As the rice cooks it will absorb the stock; after ten minutes of cooking add the asparagus to the rice. Keep adding the stock until the rice is cooked which should take about twenty minutes. The rice should be creamy with a little bite left in it. A couple of minutes before the cooking is complete, stir in the parsley and season.

Once cooked, stir the butter into the rice.

Serve in risotto dishes if you have them; If not any dish will do.

Once in a dish squeeze a little lemon juice onto the rice, drizzle on a little olive oil and grate on slices of gruyere. Finally sprinkle on a little fresh parsley.



Welcome to **Clubhouse Coffee Mate** an occasional series reviewing and recommending a variety of cafés around the City of Stoke-on-Trent.



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Delta Café

Clubhouse members have been enjoying Delta's delights for many years.

This large café has very friendly owners and staff and provides diners with an extensive menu.

The all-day breakfasts are always very popular along with lunches, snacks and a wide selection of hot and cold drinks.



Phil, fillin' his face!

The café is open seven days a week and can get very busy. However there is an upper floor where a table can normally be found.

Delta is cash only.

The café gets many 5-star recommendations on online review sites.

Another thing that goes very much in the favour of Delta is its 5-star hygiene rating.

Can you recommend a café in the city?



LIGHTWAVES

2019

at

Salford Quays

On December 12th 2019 New Vic Appetite members Howard and Louise travelled to Salford by coach to view this annual event.

Both had really enjoyed Night Light in Burslem featuring some great light projections. Salford was different in that



Pharos



DigiTree

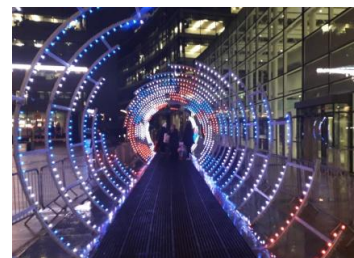


PORTAL OF REFLECTION

most of the artists' works were light installations.

Spiro was very popular with families as it was a long walk through a tunnel.

Another highlight was Wave-Field, a row of musical light-up see-saws for all ages including Howard and Louise.



Spiro



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Burslem Photo Club

Photography is a recreational and therapeutic activity, where members of the public can get out and meet up, socialise, exercise, allow themselves to be curious, and make something. It can also stimulate conversations about a place, and get people thinking about the area they live in, to ask questions or celebrate things, people and activities in the area. It is way to engage with new people and keep the mind active. For those new to an area, or those who have mental health challenges photography can be an ideal conduit to a world of stories, discovery and belonging.

The group was established through a noticeable interest in photography from members of the public that frequented the coffee lounge at the Swan Bank Church, a friendly cafe that welcomes all from its local community.

To date we have 6 active members. We have completed 4 sessions. These sessions have included talking about past photographs, a photo walk and a session that was about visually mapping the area of Burslem, and how we could do that as a group.

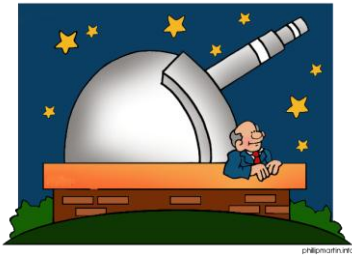
In keeping with the theme of discovery, we are looking at collaborative work with the team at The American as well as locally-produced Hopezine. Both are projects that look to support and inspire local residents.

The group meet fortnightly at the moment and welcome new participants: photographers of any and all abilities are welcome; and there is no need to own an expensive camera - many compact, bridge or smartphone cameras take excellent images. If you want to join us in celebrating Burslem and its people, then please get in touch.

contact: daniel.lyttleton@mcmstoke.org.uk

For more information visit: <https://www.facebook.com/mcmsot/>





Eye Spy at the Observatory In Partnership with NSCHT

Here are the proceedings of the Observatory Clubhouse in December and January.

December was very festive for the Observatory. Our Jam Factory members performed at Spode in Stoke for a Music Afternoon. There were some beautiful performances from the guitar group and some members were brave enough to do a solo performance. It was lovely to have so many of our members joining in at a social event.

The Christmas parties at Bethel and the Observatory were great fun and were really well attended. We enjoyed games, singing and some festive food. It was fantastic to see so many people from across different groups getting together.

In January there has been a positive start to the year, with healthy eating sessions about added sugar. The importance of how much sugar can be in starchy foods was also raised.

We had a trip to the pantomime on the 3rd January, which was a huge success. Fifteen service users saw 'Sleeping Beauty' at The Regent Theatre. Everyone had a wonderful time and we plan to do more theatre visits in the future, so please watch this space.

There have been a wide range of art workshops including lino print making.

There have been workshops at Mandays, Happy Mondays and Bethel. People have been learning about lino cutting and creating their own prints. Here are some examples of the beautiful work created by Agnes and Ashley.

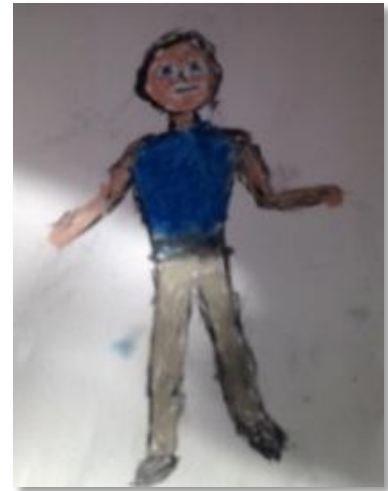


Ashley's Moon



Agnes' Flower

Our Happy Mondays' ladies group have been honing their drawing skills, by having a go at sketching the human form.



The idea of this session was to begin to draw more realistic people; looking closely at proportion and structure. Some of our members really made great progress after only an hour.

The singing and photography are running from GrowthPoint every Tuesday. All abilities are welcome. Please contact Helen (singing) 07540 673560 or Zoe (photography) 07834 389504.

Ukulele group is now back up and running at Stoke Baptist Church, all abilities welcome. This is a lovely unpressured atmosphere to learn and there are ukuleles available, so come along. If you need further information, please contact Helen on 07540 673560.

Following the success of the six week course Cook and Eat Well, staff and volunteers have now completed their food hygiene training and will



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help to provide support to cook for everybody at our Stoke Group.

Up and coming in February: There are various new activities happening in February including with a strong emphasis on fitness including Archery at The YMCA and football at The Stoke Academy Dome. Contact staff at the Observatory for further information.

We now have some beginners' guitar sessions – this is for people who only know a couple of chords, with an opportunity to practise, play together and learn a couple of chords in a relaxed session just for beginners. This is from 12pm – 1pm on a Wednesday. We have a film afternoon showing of the new version of 'The Lion King' at our Bethel Church group on the 27th January in the afternoon. Please contact staff for more details.

We will have an Open Mic/performance afternoon at the Jam Factory on 26th February at the Observatory. This will be from 1pm – 3pm.

There will be another trip to Affordable Foods in February with limited places, please contact staff if you are interested in attending.

We are planning on another Cook and Eat Well 6 week course. Places will be limited and will be on a first come, first served basis. They will take place at the Baptist Church in Stoke, on Foden Street. Please contact staff at the Observatory if you are

interested in taking part in this.



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



Patrick with his trophy

Patrick is our December *twentyfourSEVEN* pool tournament winner.



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

What's a horse's favourite TV show? Neigh-bours.

Don't worry, the rest of our jokes are of high quality, just like the ones that used to be in Topper.

I had my picture taken with REM. That's me in the corner.

My doctor said to me, 'Your brain seems to have deleted all information about 80s pop music.'

I said what is the cure? He said, 'Goodness it's worse than I thought'

I fully support the School Strikers for climate change. I'm just annoyed that they didn't call it the minors' strike.



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I was going to give archery a try. But there are too many drawbacks.

My son said he didn't understand cloning. I told him that makes two of us.

I had to clean out my spice rack and found everything was old and had to be thrown out. What a waste of thyme.

Poets' Corner

In each issue we like to include your poetry or creative writing and sometimes something from a literature great. This month we have a bucolic rhyme from resident poet Adrian.

Down on the Farm

The sun has risen
It's early dawn
To feed the animals
And fields of corn
I am a farmer
With acres of land
Which could grow wild
If not kept in hand
All kinds of beasts
Live on this farm
Hens and chickens
Sleep in the barn
I work all day
Tending them all
Till the daylight ends
And the owls call
Back in my house
And there is no sun
I can look back
On a job well done

Adrian



It is 25 years since Sony launched its iconic Playstation

Here are ten game facts

1. Computer games were created in the 1950's as fun projects that used computers in a novel way and not just as gigantic number crunchers.
2. Pong, one of the first arcade games was invented by Alan Alcorn and released by Atari in 1972.



3. Space Invaders was launched in June 1978. Within four years it had made almost \$4bn.
4. The last 'Space Invaders' game was called Frenzy (2017)
5. Nintendo was founded as a playing card company by Fusajiro Yamauchi on September 23rd 1889.
6. The word Nintendo can be translated as the phrase, 'Leave luck to heaven'.



7. Pac-Man was released by Namco on May 22nd 1980.
8. The game was originally called Puck Man but its name was altered to stop rude vandalism of arcade machines.
9. Mario, the short Italian plumber has appeared in more than 200 video games since his debut in 1981.
10. In 1982 film giants Universal sued Nintendo, claiming that Donkey Kong infringed their King Kong trademark; they lost.

Front Cover: Cuil Bay, meaning recess, corner, niche or nook, is a large embayment situated on the south-west part of the Ardsheal peninsula.

City Snap



**Upper Crust Café,
Brickhouse Street
Pic: By a customer**



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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

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 – 5:00pm
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

FEBRUARY 2020

MON	TUE	WED	THU	FRI	SAT	SUN
					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	

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



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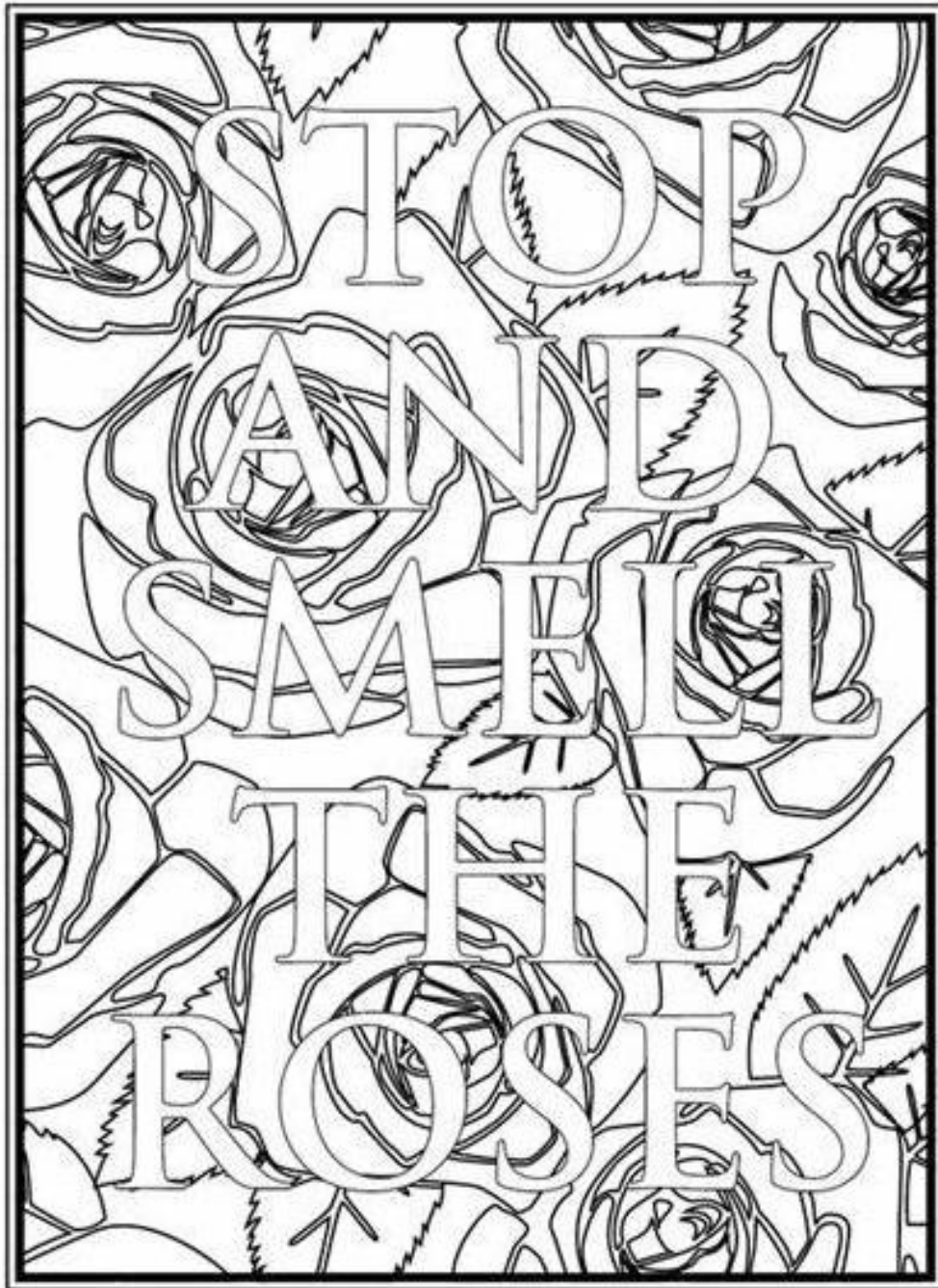


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Mindful Colouring

Express yourself in colour with this mindfulness colouring picture.

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



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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:

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 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

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