

A journey into  
recovery

Potteries Cinema  
in the 1960s

Telling  
Stories



Two, at the New Vic



## Welcome to Issue #32

Hello everyone, we hope you enjoy reading this edition of the Clubhouse Network Newsletter made by volunteers and customers of the Clubhouse community. Thanks to everyone who made contributions to this issue. We welcome any articles or ideas from Clubhouse customers.

### In this issue:

Potteries cinema in the 1960s p7  
 Bacon, cheese and Worcestershire sauce p8  
 A member's journey into recovery p9  
 Recipe: chorizo and chickpea soup p11  
 Band name origins p12  
 The New Vic: Two p13  
 Telling stories p14  
 Front Cover: Man of Fire, Hanley

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### Newsletter Availability

As well as the print edition, the newsletter is available in other formats. From the Clubhouses and Safes Spaces an audible version of the newsletter is available on CD to borrow, listen and copy.

In addition, an audible mp3 and text version are on the desktop of the customer computers at the American for you to read or listen to 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			5	8			
3					9			
7	5	4					2	
8		1					7	
			2		3			
	3					4		5
	2					7	6	8
			1					2
			8	6			5	

(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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## Burslem community camera 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](mailto:daniel.lyttleton@mcmstoke.org.uk)

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



Turn to page 14 to view this  
month's Telling Stories from  
Burslem Community Camera Club.

## 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
Burslem Community Camera Club	The Burslem CCC meets every week. Check for the venue with Daniel.	Photography can be a therapeutic activity, come along and have a go. No need to own an expensive camera. <a href="mailto:daniel.lyttleton@mcmstoke.org.uk">daniel.lyttleton@mcmstoke.org.uk</a> <a href="https://www.facebook.com/mcmsot">Facebook.com/mcmsot</a>
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. <a href="https://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
Delta Café	85-87 Stafford Street Stoke-On-Trent - Hanley ST1 1LS	The Delta Cafe in Hanley is a great favourite with Clubhouse members. Tasty all-day breakfasts and fish and chips. The food is good and the staff are friendly and very efficient. The prices are very reasonable too.



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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.



Charlotte and Wenda with their pebble art.  
These works are all produced with natural materials found by craft group supremo Diane.



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## March 2020 Clay Project

Make and decorate a Ceramic Planter for  
The Brighter Futures Gardens.



Come and have a go at  
Coiling, Slab building, throwing, Casting  
decorating and glazing

Art groups Monday-Friday  
Clubhouse Network



brighter futures

# GOT T★LENT

**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.**

### 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.

### 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)

### 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.

### 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.



### Pool Tournament

Every Monday at the American Clubhouse there is a pool tournament that is open to all members. 12:30pm onwards.

### Clubhouse Walks

If you are interested in a gentle walk from any of the Clubhouses then please speak to a support worker.

## Easter Raffle

The Easter raffle begins on 2<sup>nd</sup> March. See Jean to get your ticket.



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## Local History

### Potteries Cinema in the 1960s



**M**y love for the cinema started from an early age. Back in the late 1960s the old Odeon in Hanley had a Saturday morning junior picture club. For six old pence we were taken on a magical journey every weekend.

Upon our arrival there was always a long queue and you had to be there early in order to be sure of a seat.

Inside it was repeatedly bedlam as young boys and girls competed against each other to see who could shout and scream the loudest.

Order was only restored when the smartly dressed compère

bravely appeared. Reaching for a large black microphone at the foot of the curtain before informing everyone the performance wouldn't begin until order was restored. Of course this was greeted by a chorus of loud boos.

We had a club song and for any newcomers the words were always projected onto the screen. The first line was, 'We come along on a Saturday morning, greeting everybody with a smile. (Although it has to be said some older boys changed the word, 'smile' to one which rhymes with the word, 'smart'.

We had many black and white short films to start with. Three of my favourites were, 'The

Three Stooges', 'Old Mother Riley' and cowboy Gene Autry with, 'Champion the Wonder Horse'.

The cartoons were always fantastic mainly because they were in colour.

It was never the same at home having to watch Yogi Bear and all the other popular cartoons in black and white and a small screen.

A few years later the ABC Cinebowl opened in Hanley and it was like being in America. The seats were plush and the magnificent arched curtain came around a third of the auditorium. The one thing I didn't like was when the film had been shot in CinemaScope, to me it was like watching it through a letterbox.



#### Blockbuster at the ABC

Of course the great thing about the Cinebowl was the ten pin bowling.

We would often just hang out there watching people play; sometimes we would take all of our pocket money to have just one game.

The shoe hire was sixpence and a game was two shillings



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and sixpence; making a grand total of three shillings, or for any young whippersnappers reading this, fifteen pence. Happy days!

**J. Warner**

## Bacon, cheese and Worcestershire Sauce

Growing up we lived in a few houses, but my first memory is of one in Cauldon Road, Shelton. It was ideal as my Mum's parents, my Nan and Grandad lived a few minutes walk away in the same street.

Sometimes my younger sister Jan would say that she hated us all and was leaving home. Packing a few things in her toy vanity case she would storm out. However we all knew the

Worcestershire sauce. It was the only one she brought out to accompany her delicious grilled bacon and cheese breakfast. At home we only ever had the much thicker tomato and brown sauces but I quickly adapted to the thinner texture.

Many years later as an adult, I was with my, 'wife to be' at a posh restaurant. Having both ordered sirloin steak, we were then taken aback as our waiter appeared at our table with two raw steaks, a small portable stove, frying pan and a large bottle of Worcestershire sauce. He then put a knob of butter in the pan. When very hot, each steak was then fried but not before a good dollop of sauce was added to each side. The finishing touch was just a twist of black pepper. We both



only place she would go to was Nan's.

My favourite time to visit was Sunday morning. Nan had a lovely large old style valve radio and her favourite programme, The Archers would be on. This was when I first acquired a taste for

agreed they were the best steaks that we had ever had and to this day it is still the only way I cook steaks, so simple yet delicious.

When I was with my wife she would often say that I'd put too much in when cooking soups, stews and casseroles.

When I told this story to our foodie editor Mark he said, 'No dish can have too much Worcestershire sauce'. Enough said.

**H. Blumenthal**

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**@BFNW**

**Volunteering**  
**T**here 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.



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## A member's journey into recovery



I first became ill with a mental health condition in 2008. My illness is usually characterised by strange thoughts; for example I sometimes believe that the World is frozen. At the time my health deteriorated, seemingly overnight, I was staying with a friend in Birmingham. Despite the sudden onset of my illness I somehow managed to get the train home. I was staying with my mum but after a short period of time I was sectioned under the Mental Health Act and taken to Harplands hospital, spending Christmas of that year there. I don't remember much about that particular time, but it was there that I was first put on medication.

I was ok then for a while, then in 2012 a friend who I was close to at the time sadly

passed away, this started a downward slope for me and I became ill for a second time. I was having difficult thoughts again, the thoughts I have when I'm ill mainly centre on believing I've hurt people, friends etc. I also think that things which are happening on the news are my fault somehow. Sometimes I hear voices too, things such as my friends saying I've hurt them in some way.

Anyway, fast forward to 2018, I became ill again, to the point where I wouldn't leave the house on my own, I also stopped eating much. In February of last year I was again sectioned and admitted to hospital after missing some of my medication. Upon admission to Harplands I was apparently catatonic though I have only limited memory of

this. Again, I had the strange thoughts, I even thought that some of my friends smashed up my flat, I don't remember much about the hospital stay which was quite a long one from 14th February to just before my birthday in mid march. A didn't like it in hospital; it was very noisy even at night, people shouting and acting out. They increased my medication to the highest dose which is efficacious at the moment.

I'm doing OK; I have even started coming to The American again. I'm also now getting out of the house on my own again going to cafe's etc. I do wish that I didn't have to be on medication, particularly as they are putting a bit of weight on me which is a side effect, but as I said I'm doing well and feel like I'm turning a bit of a corner.



Something very positive is that I have a really great GP who has helped me hugely. Although I didn't realise it at the time, I feel that friends are very important when you are ill. I have a friend who I don't think I would have got through this last spell of illness without. As I said I feel like I'm getting there now, after a really rough time I'm starting to enjoy life once more.



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## Find Brighter Futures



on  
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### 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)



**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.

## 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.

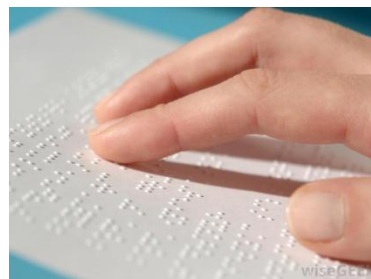
## Regarding the referral process.

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>



## 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)



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## What is Mindfulness

**M**indfulness is the aware, balanced acceptance of the 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*

**W**e have self-centered minds which get us into plenty of trouble. If we do not come to understand the error in the way we think, our self-awareness, which is our greatest blessing, is also our downfall.

**Joko Beck**

**I**nner peace can be seen as the ultimate benefit of practising patience.

**Allan Lokos**

**U**nless it grows out of yourself no knowledge is really yours, it is only borrowed plumage.

**D T Suzuki**

## This Month's Recipe

**W**e hope you had a go at making the mushroom and asparagus risotto in

'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,



Issue #31 of the Newsletter. Here is another easy to make recipe, chorizo and chickpea soup.

This recipe is a delicious, warming winter treat that can be served alone but some nice crusty bread would accompany the soup perfectly



Whether you are a would-be contestant on Master Chef or

friends or family.

### Ingredients

400g can chopped tomato  
110g of cooking chorizo sausage (unsliced)  
140g wedge Savoy cabbage

Sprinkling dried chilli flakes  
410g can chickpeas, drained and rinsed

1 chicken or vegetable stock cube

Crusty bread to serve

### Method

1. Put a medium pan on the heat and tip in the tomatoes, followed by a can of water. While the tomatoes are heating, quickly chop the chorizo into chunky pieces



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(removing any skin) and shred the cabbage.

2. Pile the chorizo and cabbage into the pan with the chili flakes and chickpeas, then crumble in the stock cube. Stir well, cover and leave to bubble over a high heat for 6 minutes or until the cabbage is just tender. Ladle into bowls and eat with crusty or garlic bread.



This month in the audio edition, listen to the Celine Dion songs, 'My Love' and 'Surprise surprise' performed by Toni Kalvans.

The songs were both recorded at Prism studios in Hanley.



## Band Name Origins

### Music Man Investigates.

I think most people know that the band ABBA is an acronym of the first letters of the band member's forenames; however many others have more hidden meanings, some very clever.

Back in the mid 1950s John Lennon was a big fan of Buddy Holly and the Crickets; it was his idea to keep the insect theme by calling the band The Beatles. (Incorporating a rhythmic pun to boot)

In the 1970s singer Ian Anderson fronted prog style folk band Jethro Tull (Tull is a man mostly remembered for his invention of the horse drawn seed drill C. 1700).

Mick Hucknall's band was originally called Red, at an early gig he was annoyed the promoter had printed on the poster, 'The Red'. So he shouted at him saying, 'It's red, simply red'. The name stuck and so Simply Red became the band's name.

Crowded House were formed in Melbourne, Australia in 1985 in the early days the band had many members all living together, hence the great name.

When singer Boy George was putting a band together he became aware that everyone

during this period that most dreams occur.

In the late 1970s in Birmingham a group of mainly out of work friends met up and decided to form a band. Every week to claim dole money they had to fill in a form called, Unemployment Benefit Form 40. The band shortened this to UB40 and never had to claim dole again. I have saved my favourite name until last and it's Scottish rock band Biffy Clyro; they had a big hit with Many of Horror which was covered by X Factor winner Matt Cardle in 2010.

The story goes at a young age they were trying to think of an unusual band name. They were running out of ideas and in desperation started to play



came from different ethnic backgrounds including Jamaican, English, Jewish, and Irish so Culture Club was born. Myself and editor Mark are both fans of REM. REM is an acronym standing for, 'Rapid Eye Movement'. This is when, during sleep, eye muscles make tiny movements. It is

around with words and phrases.

At some point a member said imagine if Cliff Richard ever owned a stationery shop he could name it Cliffy Biro and so that is how the band, with one of rock's most surreal names came about.



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## Two at the New Victoria theatre

As we entered the auditorium the magic began. The design team had made an authentic pub with a real working bar complete with jukebox.

With clever sound and lighting it was hard to imagine there were only two actors on stage. Incredibly the two of them portray fourteen characters.

Some of the characters are funny and some sad. We had

in the jukebox and did a hilarious dance to woo her.

We had another couple who were like chalk and cheese she was brash and brazen and he was meek and mild. He held her handbag while she pined

13



Man

Woman

The bar area was circular and lovingly furnished to look like a local. From glasses, beer mats, crisps and other snacks to a beautiful hanging brass bell to call time.

Best of all on the set was probably the trap door in the middle of the bar, from where we saw the publican descend to bring up more bottles.

Just before the play began the landlord enters and from the real beer pump offers members of the audience small glasses of beer, kindly donated by local brewery, Titanic.

The first scene was very fast paced as we see the couple on a very busy night engaging with customers with their drinks orders and personal problems.

an old lady with a shopping trolley who called in every day for just one small drink and told us her days mainly consisted of caring for her sickly husband.

She said it wasn't too bad as due to his weight loss carrying him up and down stairs was no longer difficult.

Of the funny characters, we liked Ed and Maudie. She just wanted to settle down and get married but he preferred the single life. He admitted to Maudie that he had a roving eye and at one point he went over to an audience member and spent a long time trying to chat her up. Ed was always asking Maudie for money but to show how much he loved her he put his last fifty pence

about meeting a butch hunky man.

At one point she grabbed the pub's karaoke microphone and gave us a loud blast of, 'Holding out for a hero'. Overwhelmed by his shyness the love they had for each other still shone through.

Throughout there was an obvious tension between woman and man; the loss of a child is the reason for this.

At the end though we are left in no doubt that the two are still very much in love.

As always members had a great night out.

**Written By Jim Cartwright**  
**Directed by Ruth Carney**  
**Woman: Samantha Robinson**  
**Man: Jimmy Fairhurst**



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## Telling Stories

What is a park? Is it a replica of Victorian splendour? Is it a basketball court? Is it number 17 on TripAdvisor in the list of "things to do in Stoke-on-Trent?" Designed by Thomas Hatton Mawson Burslem park is a prime example of a Victorian park sitting in the North East of the city off Moorland road, and is only a few miles from the start of the Peak District.

In Burslem, the so-called "mother town" of the city, signs of shifting industry, changes in consumer behaviour and economic challenges (if not rampant poverty) are not hard to find. That's what makes Burslem park such a surprise. A beautifully kept-volunteer led park, supported by multiple capital bids and a team of dedicated volunteers isn't what you might expect in Burslem, but perhaps that says more about the reader, after all, why not?

In a recent visit from the Burslem Community Camera Club the team explored the park and met the volunteer coordinator who talked us through some of the milestones in the history of the park. Mike Watson has been involved in the support of the park for 19 years, starting as a project manager Friends of Burslem park; ever the pragmatist, Mike agreed to join the friends on the condition that his time invested led to action.

What followed was nearly two decades of investment, restoration and experience of submitting bids and delivering capital investment works in to the local area. A former Nile Street manager for Royal Doulton, Mike is a man with significant experience in business, from factory operations to representing one of the cities' most prestigious brands in the Asian market. The partnership with the City Council was formalised and as Mike talks us through the chronology the numbers get larger and larger, £27k, £10k, £3M. National road safety group, Heritage Lottery, Stoke Council, there is nobody that Mike and the team won't approach to ensure that people are invested – emotionally as well as financially in the park. Mike talks of the time spent in the community talking to people who use the park daily, and of the volunteers who work for the park who have come from a wide cross-section of society, bringing with them expertise from all walks of life.

Mike speaks warmly of the need for the council and the community to work together, giving ex -

amples of the connection and memories that local people have with the park and the limited resources that the Council have. The volunteer led approach he suggests, gives the best of both worlds, access to finding and support when available, and a dedicated, passionate and very experienced team invested in the success of the park.

As a volunteer led park, Burslem is unique – no other park is planned, maintained and operated completely by volunteers, some of whom started as referrals from the DWP as people who were unable to work but had vital skills to share. The consideration for the community is evident in the operations of the cafe, prices are deliberately low to enable the widest possible audience, including the most vulnerable to access hot food and drinks.

It's easy to be cynical about community led projects, especially in a city where there is such a division in wealth; whilst some residents think nothing of buying a season ticket to Trentham gardens and would be tempted to think "why bother?" In the North of the city is an example of what happens when people work hard, together and with passion. It's an inspiring story that's produced a beautiful space that's free for everyone – after all, who said beautiful had to have a price?

Article by - Burslem Community Camera Club









## City places to visit

### The historic market town of Cheadle

### 'Discover the Secret'

This month we venture out of town on the number thirty two bus from Hanley to

Road. Fifty years later, a new church was built in the village replacing a 12th-century structure and this church remained in use until 1837.

In 1606 a school was founded by the church, and in 1685 the then curate of the parish, Rev., Henry Stubbs, left an

was agriculture and farming. During the same period a new workhouse was built and opened. It was extended under the Cheadle Union in 1837. Part of the original building was demolished in 1909, and renamed as an infirmary. The whole complex was demolished in 1987 and a new hospital was built on the site, which was opened in 1989 by Princess Anne.

In 1798, ten weavers' houses were built. The weavers lived downstairs and the looms for the manufacture of tape were upstairs. By the 1820s the looms were transferred into a factory in Tape Street. This tape factory closed in 1972, and is now a B&M. In 1851 silk and narrow fabric mills were built in Cheadle. They employed hundreds of operatives, and closed in 1981.



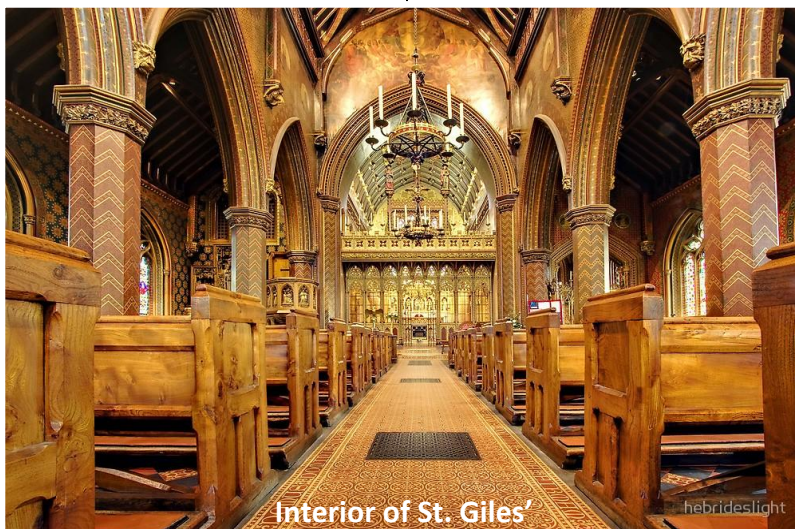
A view of "Town End" in the 1960s

Cheadle. Cheadle is an historic market town dating back to Anglo-Saxon times, being referred to in the Domesday Book. It lies within the historic Staffordshire Hundred of Totmonslow: for administrative purposes, it is now part of the Staffordshire Moorlands area.

Cheadle appears in the Domesday Book as "Celle" held by the lord of the manor, Robert of Stafford, at the time the area covered six miles by three miles and listed nine families. In 1176 the Basset family acquired the manor of "Chedle" and in 1250 Ralph Basset was granted a market charter and annual fair by King Henry III.

In 1309, 75 families are recorded as using a corn-grinding mill sited near Mill

endowment to found a grammar school in Cheadle. The school was built at Monkhouse.



Interior of St. Giles'

By 1676 Cheadle's population is recorded as just over one thousand and a hundred years later (1772) as one thousand eight hundred. At this time the main source of employment

In the Brookhouses area of Cheadle in 1725, the Cheadle Brass and Copper Company started production, transferring to the Oakamoor area one hundred years later



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under the company name Thomas Patten. It was bought in 1851 by Thomas Bolton of

In 1901 Cheadle was linked to the railway network by the Cheadle Railway, operated and



St. Giles' Catholic Church

Birmingham.

St Giles' Catholic Church opened in 1846. Its 200 feet (61 m) spire still dominates the town today. It was designed by Augustus Welby Northmore Pugin, who was commissioned by John Talbot, 16th Earl of Shrewsbury to create a church that "would have no rival". To achieve his aim, Talbot gave Pugin unlimited resources with which to build it. The church is more commonly known as 'Pugin's Gem', and is the centre of a local tourist event known as 'Discover the Secret'.

At the turn of the 20th century the first open air swimming baths were constructed at Brookhouses and telephone installation began in 1904.

later owned by the North Staffordshire Railway, with the building of a railway station at Majors Barn, giving access to industry and movement of passengers.

The first motor car arrived in Cheadle in 1903, and the first licensed omnibus service – Cheadle to Longton – commenced in January 1914.

One of the British Signals Intelligence Y-stations called RAF Cheadle was situated at Woodhead Hall, from land purchased by the Air Ministry playing a vital role in helping intercept German Luftwaffe radio communications during the Second World War.

If you visit the town today, as well as the many interesting

buildings you will find many craft shops and cafes competing for your dollars. We particularly like the High Street café Moshi which serves great coffee. Three times a week there is an indoor and outdoor market including a cheese stall that has been established for decades.

There are a number of marked trails to follow around the town including one that is an interesting nature trail.

Go to visit Cheadle it really is well worth taking the trip.

## Inside Brighter Futures

There are many sectors to Brighter Futures. These are known collectively as the 'Schemes' of which the Clubhouse Network is one. Each month we will be featuring someone from one of the Schemes.



This month we have Lynsey who is based on the reception desk at Brighter Futures HQ.

Lynsey has worked at Whittle Court as a receptionist for about eight months. Her previous jobs include working at a Dougie Mac.



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As a people person Lynsey loves her job saying no two days are the same. The role includes call directing or sending emails if people can't be contacted. She distributes post and parcels, books rooms for meetings and train tickets for staff.

Another important part of Lynsey's job is to keep the stationary and toners for the printers well stocked, as well as the tea, coffee, and sugar for her thirsty colleagues.

For safety reasons the monitoring of staff coming in and out of the building is also part of her remit.

Members of staff inform her of the time that they are due back and if they are any more than an agreed time late Lynsey will phone to check that they are OK.

Lynsey will ask all visitors to sign in and out and also distributes car park passes.

In her leisure time Lynsey enjoys visiting the theatre including the New Victoria theatre, and The Rep in Stoke.



**Morse**

On TV she mainly watches murder mystery programmes, her favourites being Agatha Christie, Death in Paradise and Morse.

Her hobbies include jigsaws and cross-stitch.

Lynsey loves gardening and gets great pleasure from growing a variety of flowers.

She has a number of good friends who she meets up with for tea and cake.

Her hero is Bear Grylls who she takes inspiration from as she spent time as a Scout leader.

Lynsey's favourite foods are pasta and Sunday roasts.

She likes to holiday in many places including Wales, Italy, Austria and the Channel Islands.

Lynsey prefers 50s classic films with actors like Cary Grant and Doris Day.

Finally as a dog lover she would like to buy another, Lynsey just has the small problem of persuading her twin sister who she lives with.

## Self-Harm, Support and Recovery service

Our Self-Harm Support and Recovery service offers support for anyone aged over 18 who is living with self-harm or who has experienced suicidal thoughts.



The service is currently available in Stoke-on-Trent,

North, and South Staffordshire. It is due to later expand into Stafford and Tamworth also.

### How can Self-Harm Support and Recovery help me?

Our support is tailored to each person's needs. We will help develop new ways to cope and to reduce any isolation experienced. Support might include:

- Tailored 1-2-1 support of up to six sessions at each person's preferred pace.
- A recovery plan developed with a dedicated support worker as part of a 1-2-1 support plan.
- Activities such as therapeutic art, crafts and mindfulness.
- Relaxation and distraction techniques.
- Social groups to help meet new people and share hobbies and interests with.
- Telephone support calls to provide out of hours support when many other services are closed.

### How can someone access the service?

A referral can be made by your GP or mental health worker, for example your CPN, Care co-ordinator or social worker. Referrals can also be made by the Access, Crisis team or Mental Health Liaison Team.

### How do I contact Self-Harm Support and Recovery?



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For more information, and to talk to a member of the team, contact: 07500 444 116.

To contact the Access team directly and make a referral into the service you can call: 0300 123 0907 option 1 (for Stoke-on-Trent and North Staffordshire) or 0300 555 5001 (for South Staffordshire)



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

## Friendship Day

The Friendship Day held on 14<sup>th</sup> February was about celebrating friendships in the Clubhouses. How well you know your friends and what this friendship means to us all.

There was friendship wordsearch, poems read by Howard about what friendship means, cookie decorating and making chocolate and decorating it.

The day was a huge success and customers said the friendship Q & A was good as they learnt things about their friends they didn't know.



Chocolate Art



Cake stand and cakes make



Steve and Yogi cushion make

Friendship Day was so successful we are looking to incorporate some of the activities into our programme in the near future.



**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



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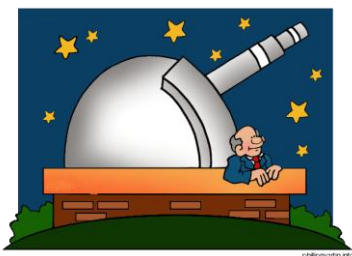


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with proceeds going back into the catering network.



## Eye Spy at the Observatory In Partnership with NSCHT

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

Cook and eat sessions have started at Stoke, the first one went very well and we made a hearty vegetable soup. Everybody enjoyed it and is looking forward to the next one sometime in March.



**Cook and eat**

We have purchased two sewing machines, service users are enjoying learning skills and here is the first item created: a patchwork bag created by Jeanette.



**Jeanette's bag**

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

The Ukulele group is now 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

There have been lots of art activities in February. The art group for Men Only on Friday at The Observatory is growing and service users have been learning skills in printmaking and drawing with pastels. Service users have also been making jewellery and decorative hangings.

We are up-cycling and would be grateful of any donations of broken jewellery, beads etc.

Beginners' guitar sessions have started – 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 12.15pm – 1.15pm on a Wednesday.

We will have an open mic/performance afternoon at the Jam Factory on 26th February at the Observatory. This will be from 1pm – 3pm. The trip to Affordable Foods in February was a success. Several people benefited from either affordable or free food. Please contact staff if you are interested in attending further visits.

We have had a focus on fitness during February with people participating in archery, football and swimming, these were a great success.



**Word is that Barça are scouting this lot**

## Jokes

To be or not to be a horse rider, that is equestrian.

That joke might have been good enough for Cannon and Ball but it's not good enough for the Newsletter. Here are some vastly superior rip-snorters.



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My nephew is studying accountancy so for a gift I wrapped him some receipts. I said don't worry if you don't like them I've kept all the presents.

I gave up my seat on the bus to a very old lady and my good deed was seen by my manager on CCTV. I've now lost my job as a bus driver.

I said to my wife, 'I wore this thirty five years ago and it still fits me'. She said, 'It's a scarf'.

The wife said, 'When we go to Egypt can we go on a camel?' I said, 'That's a long way to go on a camel'.

A mate gave me a £10.00 cinema voucher for my birthday it meant I could buy a small box of popcorn.

### 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 couple of thought provoking verses by our resident poet Adrian.

#### Time

Time is creeping in on me  
Ageing slowly I can see  
Once tight skin begins to sag  
Like crumpled paper or  
screwed up bag  
Once rosy cheeks have gone  
away  
A set of hair that was really  
fine  
Thinning out now with passing  
time  
Remembering days of my

youth  
But now I'm longer in the  
tooth  
But is aging really bad  
Just remembering good times  
you had  
All the above is just in your  
mind  
For I'm still young  
One of a kind

**Adrian**

#### Dreamscape

Imagination is a wonderful  
thing  
Dreams and hope they all  
bring  
Lose yourself in dreamscape  
lands  
Imagination that knows no  
bounds  
Open your mind to things that  
can be  
Even though it's not reality  
Live your dreams they will  
come true  
After all they're not hard to do  
Thoughts and dreams are not  
all the same  
You're in heaven again

**Adrian**

### Hounds of Love

Dogs are Britain's most  
popular pet with an  
estimated nine million  
in the country.

#### Here are ten dog facts:

1. The Chow Chow and the Shar-Pei are the only two dog breeds that have fully black tongues. Even more interesting, the cause of

these black tongues is currently unknown.

2. Dogs can hear much higher-pitched sounds than us. In fact Paul McCartney has said he added a frequency only dogs can hear the end of the Beatles song 'A day in the life'.



3. Owning a dog can be good for your health. According to a Czech study, compared with owners of other pets, dog owners were more likely to report physical activity and good diet.
4. Three dogs, two Pomeranians and a Pekingese survived the 1912 Titanic sinking. One of the Pomeranians was a puppy whose owner took her on a lifeboat wrapped in a blanket.
5. A bloodhound's sense of smell is so strong it can be submitted as evidence in court.
6. The oldest dog breed is the Saluki. These majestic pups date back to 329BCE



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and were kept as royal pets in cat loving ancient Egypt.

7. A Great Dane called Zeus holds the Guinness world record for being the tallest dog ever. He was measured at an impressive 3' 6".



8. Dogs have three eyelids. The third is called the nictitating membrane and is responsible for protecting the eye and keeping it lubricated.
9. A greyhound would beat a cheetah in a long distance race. Cheetahs can run at 60mph but can only keep their speed of 35mph for seven miles.
10. Finally: tripping over your mutt is the second most likely way to get injured around dogs, bites are the most common.

## Front Cover Man of fire, Hanley

Man of Fire has watched over the city centre for over 50 years. Since he was first installed above the entrance to the new Lewis's store in 1963, the Man of

Fire has been one of the Potteries' most recognisable pieces of public art and he remains an intrinsic part of the city centre scene.

## City Snap



**Tunstall Park**  
**Pic: By a customer**

## Vintage Meccano

In our Christmas issue (#30) I wrote about my love of Meccano. The construction kits were first made by Frank Hornby in Liverpool in 1898.



**Howard with Kit No. 4**

Meccano proved to be very popular, production peaked in the 1950s when over 2000 people were employed in the Binns Road factory in Liverpool manufacturing the parts.

The set I had as a child was called 'Airport No4'.

I sometimes show my stories to my sister Jan in notepad form before they go into our newsletter. On Christmas day after a delicious lunch with my sister's large family she handed me a large wrapped flat box with the words, 'Childhood Memories' written on a label.

My first thoughts were that she had gathered together some childhood photographs of the two of us before taking them to a picture framer.

I was then amazed when I removed the paper to see an example of my Meccano kit, now around fifty years old.

When Jan had read my story she made a note of the model number and was able to get it in mint condition on eBay.

People often say men never grow up, now with my vintage Meccano I would have to agree.

## Charlotte's Sequin Paddington



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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**

March 2020						
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	31				

**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**

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

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

Express your artistic side, try out this dot-to-dot



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Empowering



Sustainable



Creative



Equal



## Mindful Colouring

25

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



Passionate



Empowering



Sustainable



Creative



Equal

## Clubhouse Network

### **The American Clubhouse:**

148 Waterloo Road,  
Burslem,  
Stoke-on-Trent,  
ST6 3HB  
01782 835220

### **The Observatory Clubhouse:**

17 Bucknall Old Road,  
Hanley,  
Stoke-on-Trent,  
ST1 2AF  
01782 272799

### ***twentyfourSEVEN* Clubhouse:**

23 Hillcrest Street,  
Hanley,  
Stoke-on-Trent,  
ST1 2AA  
0300 123 1535 ext 1470

### **Clubhouse 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**

**Call free**

0808 800 2234

### **Self-Harm Support and Recovery for further Information call**

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**

01782 280 952

### **Greenfields**

0300 790 0236

### **Sutherland Centre**

0300 123 1162

### **GrowthPoint**

0300 123 0907



**brighter futures**

creative support, housing and employment