



Football  
Nicknames

Local History  
The Oatcake

Telling Stories  
Ian Mood

**The Lockdown  
Issue  
Stay Safe!**

## Welcome to Issue #33

Hello everyone, after this issue is distributed by email, Newsletter production will be suspended until the crisis is over. However we will be sending out a Newsletter Bulletin also by email which will contain useful information and service updates.

Note, all groups and events usually publicised in this Newsletter are suspended until the present crisis abates. **STAY SAFE!**

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Front Cover: Ian Mood's studio, Burslem

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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!

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

(The solution is attached to your email.)

### The Newsletter Online: Text and Audio During Lockdown Find Back Issues Here

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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# Great Britain, Workshop of the World:

## Football Nicknames

For a few decades in the 19<sup>th</sup> century, British manufactured goods dominated world trade, so Britain became the workshop of the World. Some of England's football teams were founded during the Industrial Revolution and gained their nicknames from the goods they made.

Locally of course we have Stoke City, The Potters. The area has made pottery for over 300 years with a large percentage sold abroad.



The team's original club crest featured Wedgwood's famous Portland Vase.

Just a few miles away is Macclesfield where Macclesfield Town are known as The Silkmen. The area was once the World's biggest producer of finished silk and in 1832 no fewer than seventy one mills were in operation.

Back down to South Staffordshire where Walsall FC have always been known as The Saddlers. British saddlery is among the best in the World and even now workshops are still scattered around the town, using skills that can be traced back to the 16<sup>th</sup> century.

Sheffield United's alternative moniker is The Blades. The first reference to cutlery made in Sheffield dates back to 1297. The industry

peaked in the early nineteenth century when in 1812 an estimated six thousand workers were making cutlery for the American market alone.

Luton Town known as The Hatters are named after the hat making industry which began in the 17<sup>th</sup> century and became synonymous with the town. Famous for felt and straw hats by 1900 the town was producing an incredible seven million hats per year.

The Cobblers is the nick-name of the mighty Northampton Town. Although many industries have declined a recent report claimed that Northampton is still the shoemaking capital of the World. The town's most famous brand is Dr. Martens. The company has announced plans to double production in 2020 as part of a two million pound investment.



In the Lincolnshire home of Scunthorpe United the team is known as The Iron. The iron and steel industry in the town was established in the middle of the 19<sup>th</sup> century following the discovery of middle lias ironstone east of Scunthorpe.

Finally in this feature we have Wycombe Wanderers known as The Chairboys. Furniture has been made in the town from 1700. The river Wye runs through the valley where beech trees grew that were used to make chairs and other items of fine furniture.

# Coronavirus Dos and Don'ts



## Coronavirus Update

The government advice is that you must now stay at home.



We need to stop the disease from spreading. You can only leave home for:

- Shopping essentials
- Exercise once a day
- Medical or care needs



You should only be travelling to work if you really have to.



It is very important that you stay at home.



Some things you should not be doing:

- No meeting friends
- No visiting family in other places.
- No groups of more than two people in public.



Some things that are cancelled:

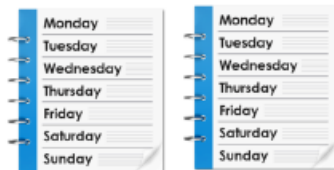
- Most shops are closed.
- Events are cancelled.



If you are poorly you need to stay at home for **7 days** if you live on your own. This is the same as **1 week**.



Easy read



If you are poorly and you live with other people, you need to stay at home for **14 days**. This is the same as **2 weeks**.

photosymbols®

This advice was produced with thanks to Photosymbols

# Stay Safe Everyone!



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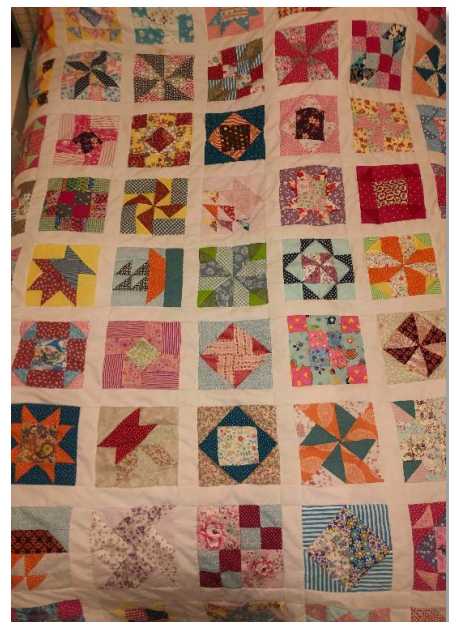
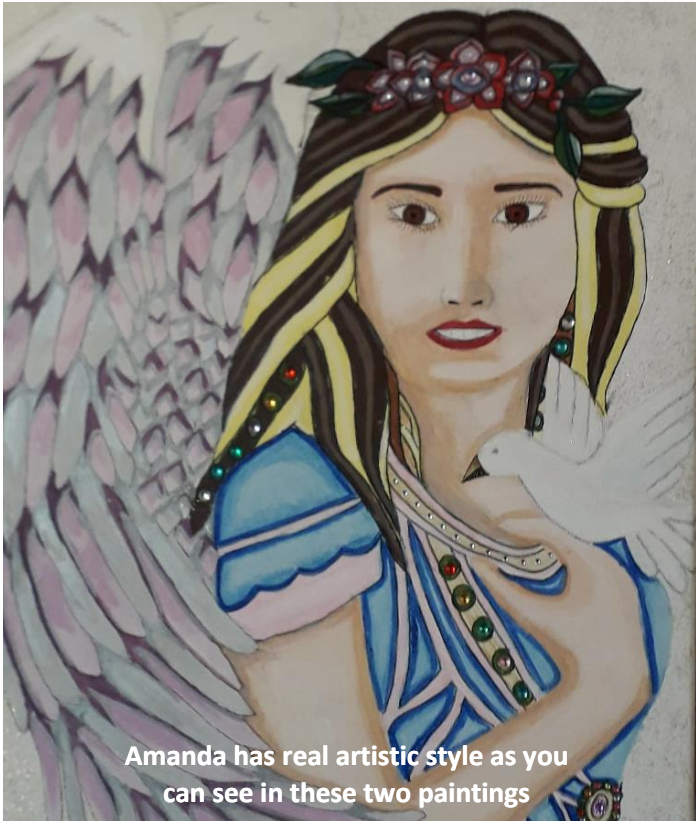


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## Arts and crafts play a big part in the Clubhouse Network.

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



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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, Glazing  
decorating and glazing

Art groups Monday-Friday  
Clubhouse Network



brighter futures

# NOT 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 to even  
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 Stone-on-Trent  
Council on Thursday at the  
YMCA (Mansley) 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 day 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 was won by  
Chris M.



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# Album of the Month: From LP's to CDs

**Music Man looks back on a pivotal moment in the music industry.**

In the summer of '73 I bought my first LP. My family was on holiday in Rhyl. We were all staying in a small bed and breakfast.

I was a fan of the glam rock band 'Mott the Hoople' about a year before I had purchased their hit single 'All the young dudes' written by David Bowie.

just begun how could I wait six whole days before playing my prized possession? Then I had an idea.

In the digs where we were taking I had noticed the family had a teenage daughter. I devised a plan to get my mum to ask the owner for help. Sure enough I was given a small mono record player to borrow for a few days. This was great but then came the next problem; my bedroom

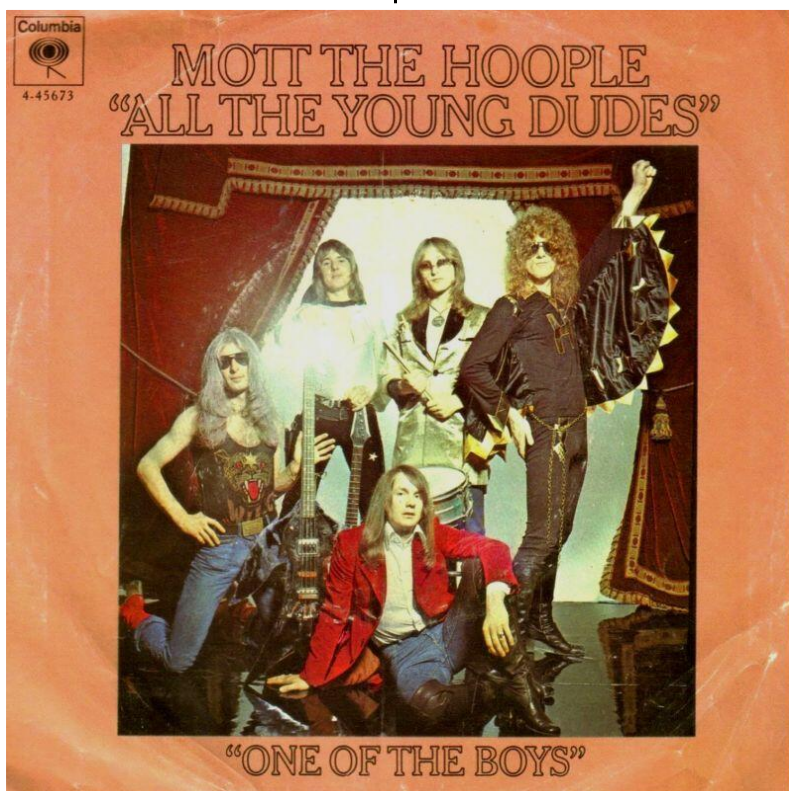
player on the chair. I was cooking with gas.

The LP sounded great; though looking back it could have all backfired. With no earth wire on the light cable it all could have blown up. Very rock and roll.

I loved buying LPs but the problem was they were so easy to scratch. A pal at work had a copy of 'Harvest' by American artist Neil Young. He told me I could have it to play over the weekend as long as I was very careful, as he had only just bought it.

I remember nervously holding the stylus above the edge of the record when disaster struck. I dropped it onto the first song. There was an audible click every time the record came around to the dropping point. Luckily I liked the record so I bought a new copy for my friend and kept the scratched one.

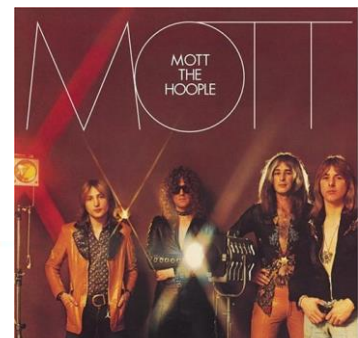
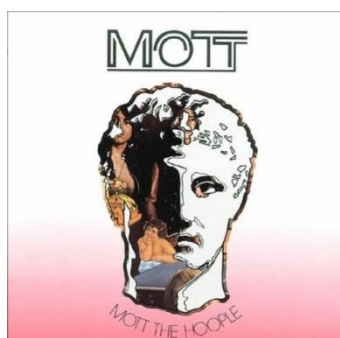
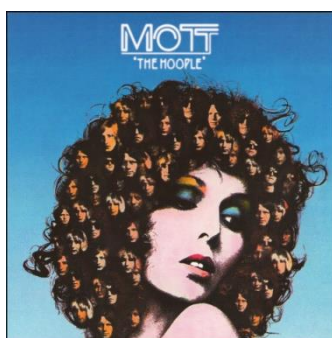
So, for me CDs had many advantages. Bands could put so many more songs on and they were much harder to scratch. In 1985 I remember buying 'Brothers in Arms' by Dire Straits. At the time CDs were fairly new and it was a massive seller. It cost me £14.00. People I knew had CD players costing £100s and so could only afford a few discs. I read an article at the time that said there were two main reasons for the high cost. Firstly because the quality was so good they knew people would pay the vastly inflated



One day during the holiday I was in the town centre looking at LPs in Woolworths, when I came across the new one by the band, simply called 'MoH'. I knew I had to buy it. I was so excited as I walked from the shop swinging my carrier bag, but then I thought of a big problem. The holiday had only

was very basic and didn't have a wall socket. However the owner solved this for me by removing the plug and replacing it with a light fitting. Unfortunately the wire wasn't long enough.

Undeterred I took a bedside table and put a small chair on the top. With the record



prices and also they were struggling to keep up with the high demand and thought people were more likely to buy cheaper LPs. In terms of the manufacturing costs there wasn't much difference, meaning the only winners were the record companies. Now, in this modern age, most people stream music and I have seen CDs for £1.00 or less at car boot sales, with others even using them as a tea light candle coaster. They used to say CDs were scratchproof so hot wax shouldn't be a problem. Maybe I'm old fashioned but I still have 100s of CDs. An advantage over LPs is that they take up much less space.

## Volunteering

There are many different volunteering opportunities within the Clubhouse Network.



Volunteering can be very beneficial and help develop skills, such as communication, gardening, organising events, pool tournaments or helping in the cafes. If you feel that you would like to try volunteering then please contact a support worker at the Clubhouses.

Find  
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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)

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**Rough Sleeper Team**

Call us **FREE** on  
**0800 970 2304**

To tell us about someone sleeping rough in  
Newcastle-under-Lyme, Stoke-on-Trent  
or Staffs Moorlands.

\*Free from landlines and most mobile providers



This month in the audio edition, listen to a Beth Nielson Chapman song 'All I Have' sung by Toni Kalvans.

The song was recorded at Prism studios in Hanley.

## Local History

### The Staffordshire Oatcake

A Staffordshire oatcake is made from oatmeal, flour and yeast to make a dense pancake. It is cooked on a griddle, backstone or Baxton.

The oatcake is a local speciality in North Staffordshire, specifically in Stoke-on-Trent. It was once common throughout the potteries for



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oatcakes to be sold directly from the window of a house to customers on the street. The last producer in this style, the, 'Hole in the Wall' in Stoke-on-Trent closed on 25<sup>th</sup> March 2012. However, there are still many small commercial premises who sell oatcakes with fillings such as cheese, tomato, bacon, sausage, and egg.



They can also be eaten with sweet fillings such as golden syrup, jam, or banana but this is less common and is frowned upon by traditionalists.

In days of old, oatcakes would be re-heated by steaming between two plates over a saucepan of water. Nowadays most people would use a microwave.

An interesting oatcake fact is that every shop has a slightly different recipe, this stays with the owner's until the shop is sold and is then passed on to the new custodians.

Most bakers don't use any dairy products so oatcakes are a perfect food for vegans.

In 2010 it was decided that our very own Stokie delicacy should have its own special day, like Pancake Day and the 8<sup>th</sup> August was chosen.

I always find it interesting when people move to Stoke from other areas that most quickly grow to love our oatcakes and of course expat potters will normally take a dozen of the oat based delicacies home with them after a sojourn to the Six Towns.

## This Month's Recipe

We hope you had a go at making the chorizo and chickpea soup in Issue #31 of the Newsletter. Here is another easy to make recipe, Curried Chicken and New Potato traybake.

This recipe is super easy to prepare and you will love it.



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

8 chicken drumsticks  
3 tbsp olive oil  
1 tsp garlic paste  
1 tsp ginger paste  
1 tsp garam masala

1 tsp turmeric  
150ml pot natural yogurt  
500g new potatoes, halved  
4 large tomatoes, roughly chopped  
1 red onion, finely chopped  
Small pack coriander, roughly chopped



### Method

Put the drumsticks in a large bowl with 1 tbsp oil, the garlic, ginger, garam masala, turmeric and 2 tbsp yogurt. Toss together with your hands until coated. Leave to marinate for at least 30 mins (can be left in the fridge overnight). Heat oven to 180C/160C fan/gas 4. Put the potatoes in a large roasting tin and add plenty of seasoning. Add the chicken drumsticks and bake for 40-45 mins until cooked and golden. Scatter the tomatoes, onion, coriander and some seasoning over the chicken and potatoes, with the remaining yogurt served on the side. There is plenty of time to have a go at some cookery at the moment so when you go safely to the shop get the bits and make it, bake it.



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# Telling Stories: Ian Mood



We've been to Barewall gallery before. Located in Burslem its one of the go to destinations for independent art work in Stoke-on-Trent; It's here we meet Ian Mood, artist from Stoke-upon-Trent, later of Burslem. To many the distinction is important, Ian isn't 'of' the Mother Town in the same way that the Sentinel like to croon about other locals, not that he's detached from the area or a sense of appreciation of what it's like to be from an industrial city. Unlike many he's been able to indulge himself in the pursuit of a craft that he truly loves and given that Ian is an artist of international repute, many others do as well. As well as Amanda from Bare Wall, Ian has fans who seen him exhibited in Nantucket, London, Lymm, Hale and yes, Burslem. With the light and the scenery changing everyday Ian is always inspired in Burslem, from some of the stunning architecture to the simple observation of the everyday.

Broad brush strokes in his seascapes speak of the drama and motion of a storm oncoming, whilst his urban paintings of Stockport show the industrial setting of the town, nestling by the Pennines. Similarly, one glance at his beach scenes from Nantucket take us straight to the small island, South of Boston that has been home to fishermen for generations and millionaire weekenders for too long. As someone whose heart is permanently tied to the Atlantic Coast of Ireland – these beach scenes are a true joy – sweeping sandy coves and blue skies redolent of a summer full of life with the only thoughts of more sunny days.

Coming back home his painting of Longton railway bridge takes you straight there, the bold ironwork silhouetted against a backdrop of the every day.

Ian explains that his Grandfather Sid Meir, (yes, that Sid Meir) was advised by his doctor to retire from work following a heart attack, and Ian tells us one of his earliest memories of sketching with his Grandfather, on fan-fold computer paper filling sheet after sheet as he explored his creativity. It's a tale that Ian has told before, but it certainly doesn't sound rehearsed as he recounts the beginning of his artistic journey. He laughs as he tells us that at school he was advised to study science, just in case the art didn't work out. Resisting the calls to get a "proper job" as long as he could, Ian worked in television and web design before finding himself having become a professional artist when he sold 3 paintings in a single show.

If the success that Ian has worked so hard for has gone to his head it's hard to tell, he describes the joy of the process as being (nearly) as important as the final sale, the mixing of colours, textures and paints to tell a story – as a group compelled to chase light for our artistic fix, the love of the process makes sense.

You can see Ian across two continents, but why not start on Market Place in Burslem where you can view some of his work, talk to one of his fans in Amanda and maybe even meet the man himself, and if you feel like supporting a local artist...prices start from £300.















Telling Stories is a Burslem Community  
Camera Club production.

For more info: [burslemcommunitycc@outlook.com](mailto:burslemcommunitycc@outlook.com)



# How the Stoics can keep us calm during the Coronavirus outbreak

By Ronald Pies, M.D.

As a psychiatrist, I have seen dozens of patients who suffer from Panic Disorder — a biologically-based condition that can cause immense distress and incapacity for the affected person. But the kind of panic that is spreading in reaction to the Coronavirus outbreak has the potential to cause distress and incapacity on a world-wide scale — unless we all “work together” It turns out that the ancient philosophy of Stoicism may be just what the world needs to calm down.

When we hear the term “stoic” many of us think of the phrase “keeping a stiff upper lip” or picture that famously stoical character from Star Trek, Mr. Spock. In modern times, the word “stoic” has often taken on a negative connotation, suggesting a person who suppresses emotion of any kind, even positive ones like joy. For some, the term connotes a kind of resigned fatalism that encourages putting up with the status quo, no matter how bad things may be.

All of these characterizations are wrong, or, at best, gross oversimplifications of a deep and complex spiritual tradition. When we read the ancient Stoics — philosophers like Epictetus, Marcus Aurelius, and Seneca — we discover a philosophy of hard-nosed realism, but not of passive complacency. The Stoics believed that we need to accept those things that we can’t change and work to change things that are within our power to change. They believed that we should live in harmony with Nature, which they viewed as a kind of rational, governing power called the Logos. The chief aim of Stoicism is to teach us to find true joy through benevolent action, in accordance with our natural reason.

The Roman Emperor and philosopher, Marcus Aurelius, famously stated, “Things do not touch the soul.” This deceptively simple statement is the keystone in the arch of Stoic philosophy. Marcus meant by this that we are not disturbed by events, people, or things, but by the opinions we form of them. As he put it, “Our perturbations come only from the opinion which is within.”

Shakespeare put it this way: “There is nothing either good or bad but thinking makes it so.” (Hamlet, Act 2, Scene 2).

So, when that bad driver cuts in front of you on the freeway, it’s not the act itself that leaves you fuming, but the opinion you form of it (“How dare he do that to me? What a jerk! What an outrage!”— in saltier language, of course). So, too, with the Coronavirus. While it is normal to feel anxiety over this event, the Stoics would say that we can avoid panic by gaining perspective and thinking clearly about the outbreak. The Stoic perspective has been a strong influence on our modern-day Cognitive-Behavioural Therapy and Rational Emotive Behavioural Therapy.

One of the central teachings of Stoicism is to focus on things that are in our power, and to avoid worrying about things over which we have little or no control. And what is in our power? Our ability to think clearly and rationally (assuming normal brain function); to act ethically; and to fulfil our obligations as citizens. What is not in our power to control? To begin with, the opinions others have of us, including their praise, insults, and gossip. Then there is the long list of catastrophes and disasters that lie beyond our control: tornados, earthquakes, tsunamis, lightning strikes, and, yes — viral outbreaks and pandemics.

So how would a Stoic deal with the current outbreak of Coronavirus? First, he or she would do everything possible to learn the “reality” of the situation. For example, understanding that while the Coronavirus is highly contagious, 75%-80% of patients will have mild illness and recover. (About 15%-20% will require advanced medical care). And, yes — the (roughly) 2-3% mortality rate is very sobering and unsettling. But based on what we know now, the Coronavirus death rate is much lower than that seen, for example, with the SARS (severe acute respiratory syndrome) virus, which had a case mortality rate of nearly 10%.

Second, the Stoic would focus on practical, common-sense protective steps, rather than obsessing about worst-case, gloom-and-doom scenarios. The best advice from the experts is frequent, thorough hand-washing. Face masks may help reduce spreading the virus to others, but will probably not protect the wearer from contracting Coronavirus. And — as a good and responsible citizen — the Stoic will protect others by staying home when sick.

Those not familiar with Stoicism might be puzzled by one point noted earlier. If the Stoics believe in “living in harmony with Nature,” why wouldn’t they simply accept a virus outbreak as part of Nature? And wouldn’t that mean they would do nothing in the face of the Coronavirus outbreak? Well, no, that’s not really how Stoics think. They may indeed see a viral outbreak as a perfectly “natural” event, but human nature dictates that we take care of ourselves and our fellow human beings. Indeed, as part of a rational human community, it is our duty to do so.



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# What should I do to prevent catching and spreading the virus?



**Wash hands frequently** with soap and water or use a sanitiser gel



Catch coughs and sneezes with **disposable tissues**



**Throw away used tissues** (then wash hands)



If you don't have a tissue **use your sleeve**



**Avoid touching your eyes, nose and mouth with unwashed hands**



**Avoid close contact with people who are unwell**

Source: NHS

BBC



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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*

We are always doing something to cover up our basic existential anxiety. Some people live that way until the day they die.

**Joko Beck**

The most important enemy for everyone is their own illusion that makes them unrealistic or exaggerates their sense of self-importance in the world. Ironically, you're the super-secret enemy. Everyone has that internal enemy.

**Robert Thurman**

Treat every moment as your last. It is not preparation for something else.

**Shunryu Suzuki**



## 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, and 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.

## twentyfourSEVEN



Steve with another of his

*Hanna-Barbera*

cushions.

This time Huckleberry Hound. What's next, Dick Dastardly maybe!?



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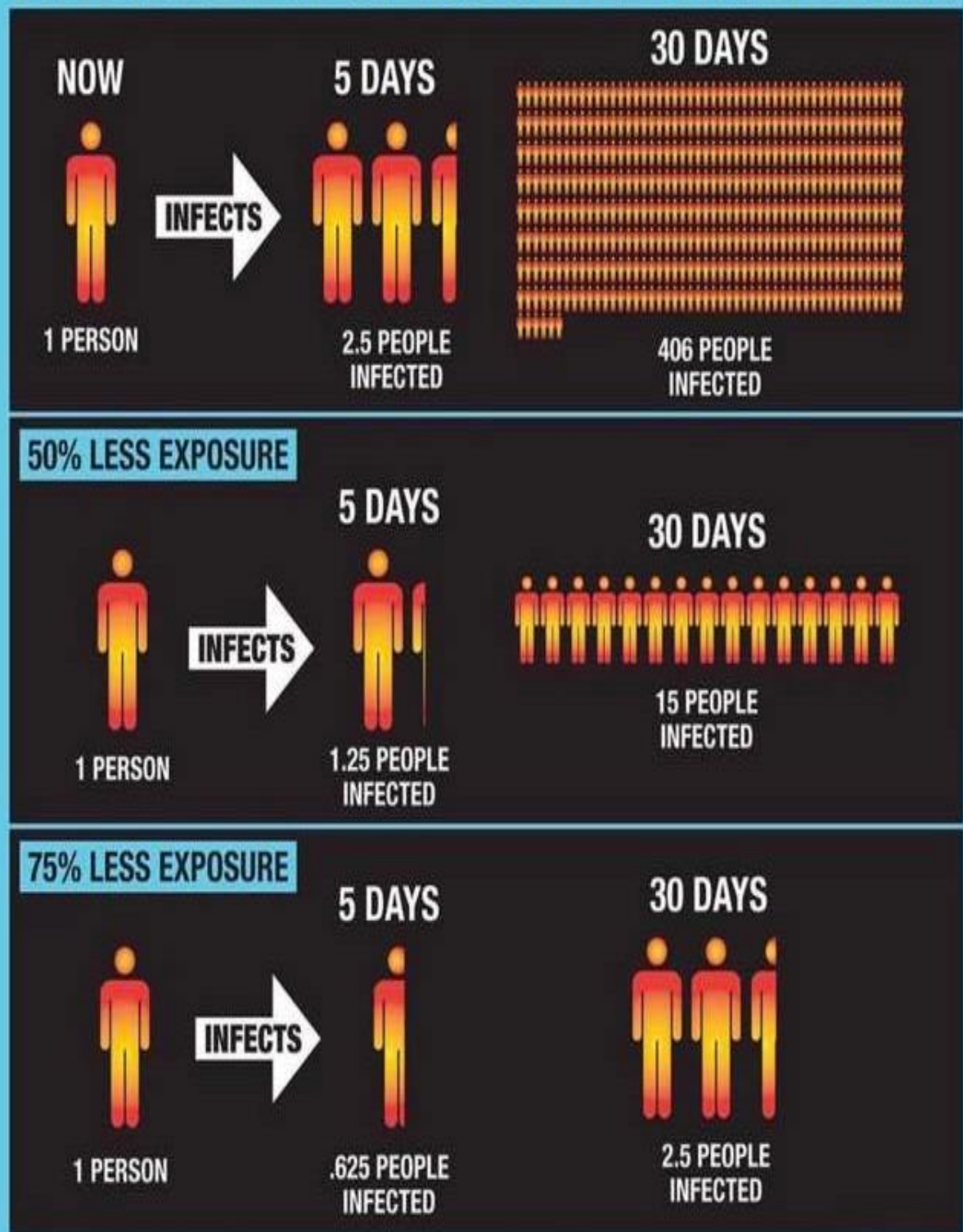


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# THE POWER OF SOCIAL DISTANCING



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## Jokes

What do you call a can opener that doesn't work? A can't opener!

That's a terrible joke. These jokes however are good enough to have made it into Cor!

You cannot trust some people. I hired a carpenter to make a double bed. I paid him up front. Now he's gone and done a bunk

I went out for a chicken tarka. It's the same as a tikka but it's a little otter.

Sponges grow in the ocean, but I always wonder how much deeper the ocean would be if that didn't happen.



How do you know when you are out of invisible ink?

I spilled spot remover on my dog and now he's gone.

My wife tells me I have two major faults. One is that I don't listen and two, something else.

What does Charles Dickens keep in his spice rack?

The best of thymes and the worst of thymes.



**It is eighty years since the release of the magical movie, The Wizard of OZ**  
Here are ten facts:

1. The studio Metro-Goldwyn Mayer outbid 20<sup>th</sup> Century For the movie rights; Fox had wanted Shirley Temple to star.
2. The Tin Man's oil was actually chocolate sauce as real oil didn't show up well on screen.
3. In the book of the same name Dorothy's slippers are silver but red looked better in technicolour.
4. The song, 'Over the Rainbow' was almost cut from the film for length reasons.
5. The cowardly lion's costume was incredibly heavy at around 44Kg.
6. Judy Garland fell in love with the little dog Toto, real name Terry.
7. Wicked witch Margaret Hamilton suffered severe burns during the scene where she vanishes in a cloud of smoke when her skin makeup ignited.
8. The Scarecrow face prosthetics that Ray Bolger wore left a pattern of lines that took more than a year to clear.
9. The film flopped at the box office, barely recouping its \$2.8m budget.
10. In 1956 the film was shown on television and has of course gone on to be a massive success.



## City Snap



**Tunstall Library**  
Pic: By a customer



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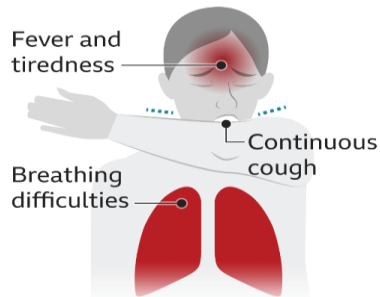
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## What are the symptoms - and what should I do if I feel unwell?

19



**If you live with someone who has a 'new continuous' cough or high temperature, stay at home for 14 days in case symptoms develop**



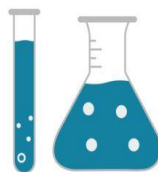
**Stay at least three steps away from other people in your home if possible**



**If your symptoms get worse or are no better after seven days seek medical advice**



**Use the online 111 coronavirus service at 111.nhs.uk.**



**You may be tested for the virus at a hospital**



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### “Mending Wall” by Robert Frost

Something there is that doesn't love a wall,  
That sends the frozen-ground-swell under it,  
And spills the upper boulders in the sun;  
And makes gaps even two can pass abreast.

The work of hunters is another thing:  
I have come after them and made repair  
Where they have left not one stone on a stone,  
But they would have the rabbit out of hiding,  
To please the yelping dogs. The gaps I mean,  
No one has seen them made or heard them made,  
But at spring mending-time we find them there.

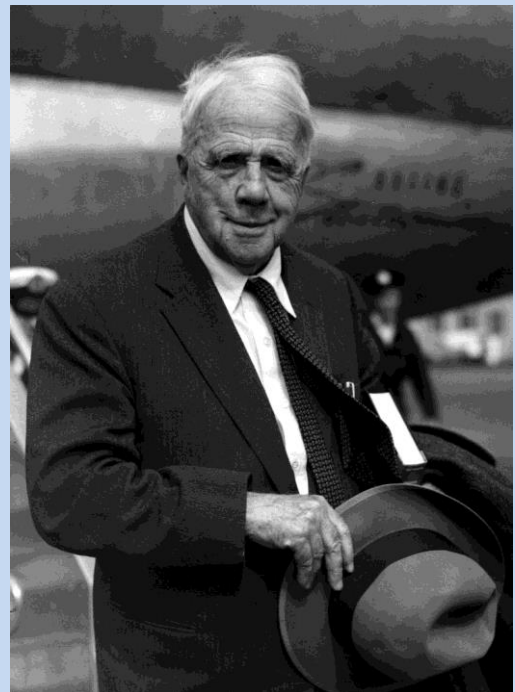
I let my neighbor know beyond the hill;  
And on a day we meet to walk the line  
And set the wall between us once again.  
We keep the wall between us as we go.  
To each the boulders that have fallen to each.  
And some are loaves and some so nearly balls  
We have to use a spell to make them balance:  
'Stay where you are until our backs are turned!'  
We wear our fingers rough with handling them.

Oh, just another kind of outdoor game,  
One on a side. It comes to little more:  
There where it is we do not need the wall:  
He is all pine and I am apple orchard.  
My apple trees will never get across  
And eat the cones under his pines, I tell him.  
He only says, 'Good fences make good neighbors.'  
Spring is the mischief in me, and I wonder  
If I could put a notion in his head:  
'Why do they make good neighbors? Isn't it  
Where there are cows? But here there are no cows.

Before I built a wall I'd ask to know  
What I was walling in or walling out,  
And to whom I was like to give offense.  
Something there is that doesn't love a wall,  
That wants it down.' I could say 'Elves' to him,  
But it's not elves exactly, and I'd rather  
He said it for himself. I see him there  
Bringing a stone grasped firmly by the top  
In each hand, like an old-stone savage armed.  
He moves in darkness as it seems to me,  
Not of woods only and the shade of trees.  
He will not go behind his father's saying,  
And he likes having thought of it so well  
He says again, 'Good fences make good neighbors.'

Robert Lee Frost (March 26, 1874 – January 29, 1963) was an American poet.

Frost's work was initially published in England before it was published in America. Known for his realistic depictions of rural life and his command of American colloquial speech Frost frequently wrote about settings from rural life in New England in the early twentieth century, using them to examine complex social and philosophical themes.



**Frost, dapper as Phil B when he's not been dressed by the Stoke City shop**

Frost was honored frequently during his lifetime and is the only poet to receive four Pulitzer Prizes for Poetry. He became one of America's rare "public literary figures", almost an artistic institution. He was awarded the Congressional Gold Medal in 1960 for his poetic works. On July 22, 1961, Frost was named poet laureate of Vermont.



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## Mindful Colouring

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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**

**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

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



**brighter futures**  
creative support, housing and employment