



brighter futures

Clubhouse Network Newsletter

**SPECIAL
ISSUE**

20 YEARS

26th November 2020

What is Clubhouse?



20th Anniversary Issue

Welcome to this special issue of the Newsletter celebrating the 20th anniversary of the Clubhouse Network. This month, some stories about Clubhouse over the years, more Sudoku, quizzes and mindful colouring together with some of the Newsletter's regular articles.

We hope you enjoy reading your Newsletter. Note, all groups and events usually publicised in the Newsletter are suspended until the present crisis abates so why not try the virtual sessions promoted in this issue.

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Have fun with these Sudoku Puzzles!

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

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

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



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20 Years

Where it all began... ..

On Thursday 26th November volunteers, members and staff of Brighter Futures Clubhouse Network will be celebrating 20 years of the service, the anniversary coincides with Thanksgiving Day. The Clubhouse Network itself was developed from the International Clubhouse model which was introduced initially in New York in 1948. Potteries Housing (now Brighter Futures) opened its doors for the first time at The American on 23rd November 2000 and then added 2 more Clubhouse services at The Observatory and Hillcrest twentyfourSEVEN. The model is a well-tested and established model of recovery that offers a non-medical psychosocial approach to supporting people experiencing mental illness. Clubhouse supports the person not their illness. Staff, volunteers and members work together to deliver the service, this builds self-efficacy by enabling everyone to belong to the community as contributing adults, rather than being in the position of being a patient waiting to be treated. The Clubhouse model aims to demonstrate that people experiencing mental illness can live successful and productive lives and contribute positively to their community. The service supports people to develop confidence and skills, this could be by accessing one of the many group activities, getting involved in education and training opportunities including formal volunteering or socialising in a supported environment. This assists to maintain independence, reduce hospital admissions, and to promote recovery.

Due to the COVID pandemic and in-line with government guidelines The Clubhouse Network closed its doors at the end of March 2020 transferring the service to a remote delivery. The support continued and has developed with a full timetable of virtual social sessions being

delivered throughout the week, telephone support calls, walking groups and focus group meetings where members get involved in shaping the delivery of the service.

Customer comments:

COVID has been particularly tough on everyone but I must admit if I had not of had the support I received from my support worker at The Clubhouse Network I don't think I would have managed the way I have.

The whole team at The Clubhouse Network are amazing and they make you feel comfortable and allow you to be you whether you're having a good or bad day.

Receiving weekly phone calls whilst we have been unable to access the service in person has made me still feel very much a part of the Clubhouse, I don't feel like I have lost my identity or validity and that I still have something to offer and contribute.

I really look forward to the walking groups, seeing other people even in a small group means so much to me.

I felt that with COVID and everything that was happening I needed help. I contacted Brighter Futures main number as I had received support from them years ago. Within a day I was contacted by a mental health support worker from The Clubhouse Network who offered me initial advice and the promise of a weekly call (although in the first week I was called a few times to check how I was).

It really helps having telephone support with someone who knows me and also knows about my mental health and issues that come with it

I have my sense of humour and purpose back thanks to support from Clubhouse.

Everyone is looking forward to getting back to the walk in service when it's safe to do so, and hopefully the next 20 years... ..

If you are looking for support from Clubhouse please call 01782 406000 Option 3. The Staffordshire Mental Health Helpline is also available on 0808 800 2234.



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Have a go at this general knowledge quiz

1. What was the name of rocker Bill Haley's backing band?
2. Which city is home to cricket's Trent Bridge ground?
3. Hannibal famously crossed the Alps utilising which animals?
4. In the name of the capital of the USA, what does DC stand for?
5. Which duo were responsible for writing the Savoy operas?
6. What was the title of The Beatles' second movie?
7. How many degrees make up a right angle?
8. In Norse mythology, where was the home of the Gods?
9. Who played "Eleven" in the Netflix series "Stranger Things"?
10. In which English county would you find the seaside resorts of Filey and Scarborough?
11. The movie "Clueless" was based on which Jane Austen novel?
12. Which monarch directly followed Henry VI to the English throne?
13. In the Zodiac, which animal is linked to the star sign of Capricorn?
14. Which ground was home to Sunderland AFC from 1898 to 1997?
15. In which Charles Dickens' novel would you find the character Wackford Squeers?
16. What is the capital of Malta?
17. A deficiency of iron in the diet can lead to which medical condition?
18. On a standard London underground map, what colour is the Bakerloo Line?
19. What is the scientific name for "laughing gas"?
20. What nationality was the Arctic explorer Roald Amundsen?

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Our Services



North Staffs

The coronavirus pandemic is having a huge impact on our mental health. We are continuing to adapt our services to continue to provide support during the current covid-10 pandemic.

Adult Counselling

Offers rapid access to counselling at an affordable cost, without lengthy waiting lists and at convenient times for clients. Reduced cost number sessions also available.

To find out more, or book call 01782 262100 or email reception@nsmind.org.uk

Adult mental health services within the Staffordshire and Stoke on Trent Wellbeing Service. Part of one, fully integrated service with a single point of access. Contact 0300 303 0923 (Monday-Friday, 9am-5pm) See also www.staffsandstokewellbeing.nhs.uk

Adult Support Line

Our FREE Adult Support Line 0800 0051 445 is currently available every Friday 11am-2pm for advice, guidance, support, interventions, and signposting.

Please note this is not a crisis line.

Supported Housing

For people over 18 who experience mental ill health and require a level of support to enable them to maintain community living and progress towards more independent lifestyles. Further information contact our Housing Project Manager at housing@nsmind.org.uk or 01782 824529

Children and Young People - Stay Well Service

One-to-one therapy via Zoom, online chat and/or telephone sessions, offered by experienced counsellors. Referral via 0300 123 0907

FREE Young Person's Support Line 0800 0051 445, every Monday 3pm-5pm for advice, guidance, and interventions

Parent Support: offers parents and caregivers advice, guidance, support, interventions, and parenting strategies. Call 01782 262100 and select option 2.

Speak Up Space instant messaging service a FREE confidential, safe instant messaging service for young people across Stoke-on-Trent. Available at www.speakupspace.org.uk

Sundays 8pm-11pm

Mondays 5pm-8pm

Tuesdays 8pm-11pm

Wednesdays 5p-8pm

Thursdays 4pm-9pm

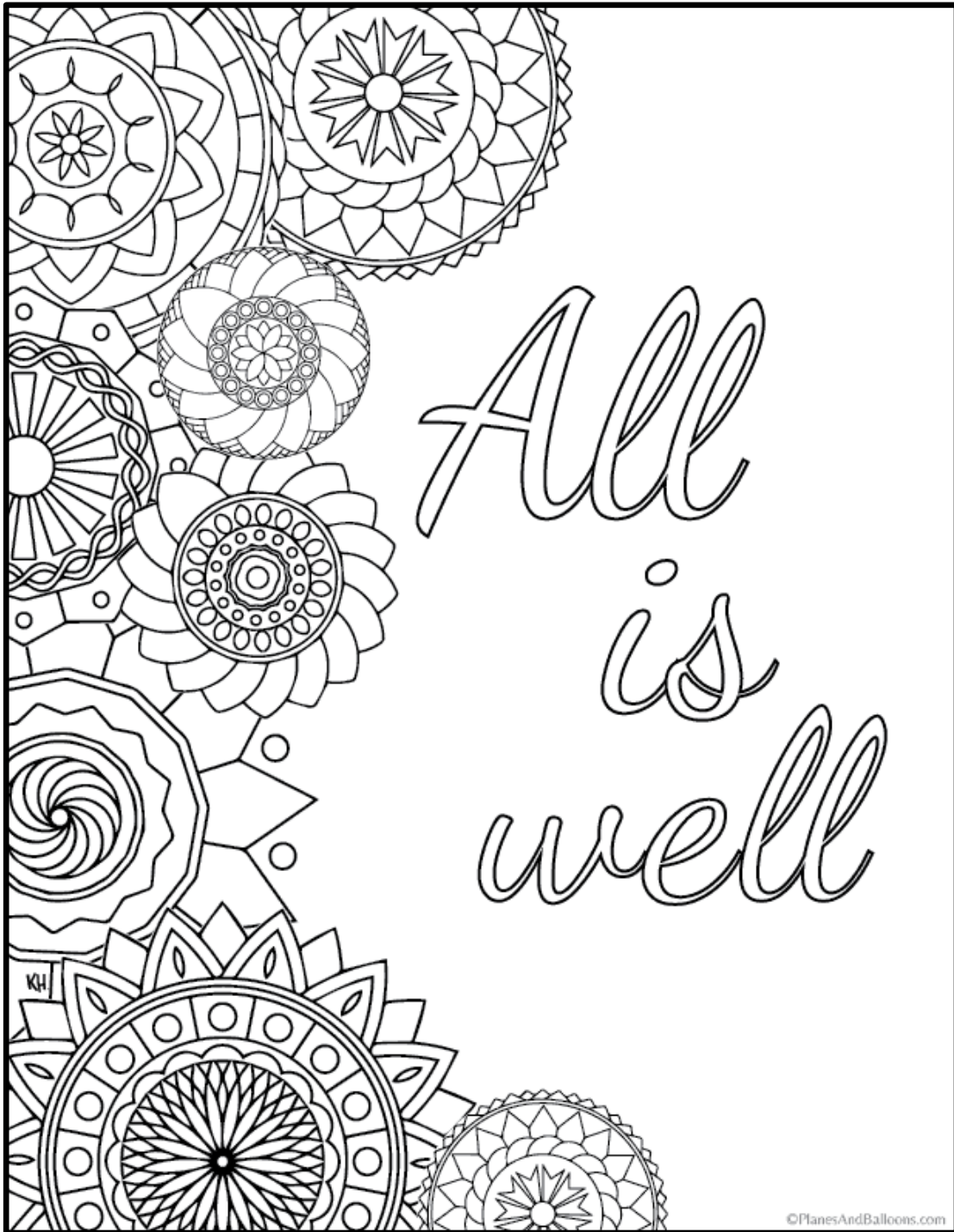
Fridays 8pm-11pm

Saturdays 8pm-11pm

For the latest information about our services visit www.nsmind.org.uk or follow us on Facebook @NorthStaffsMind

Here are some pictures for you to colour in. Never tried colouring since you were a child? Give it a go, you might find it calming and fulfilling.

If you would like a paper copy of this newsletter speak to your support worker and they can surface mail one to you.



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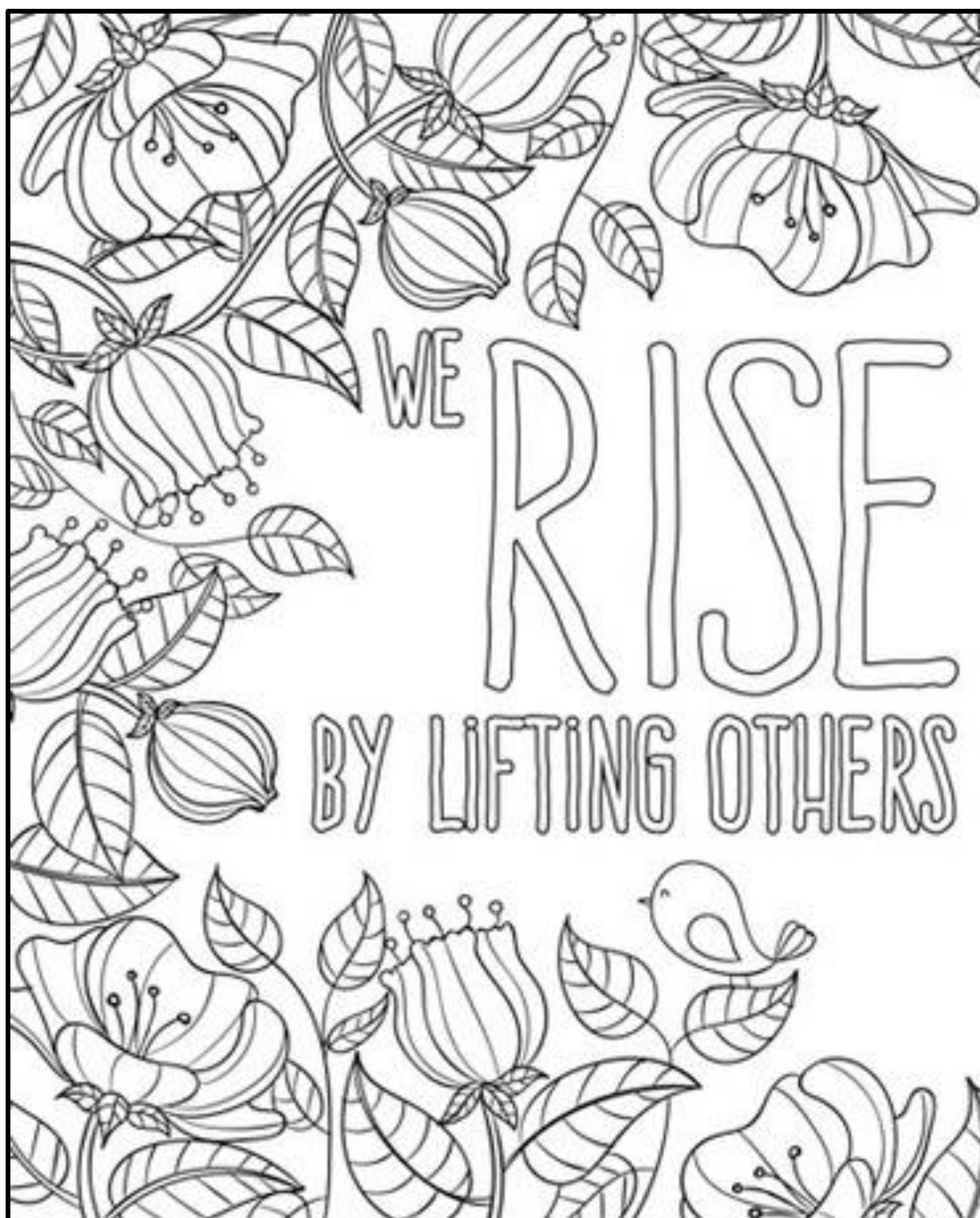
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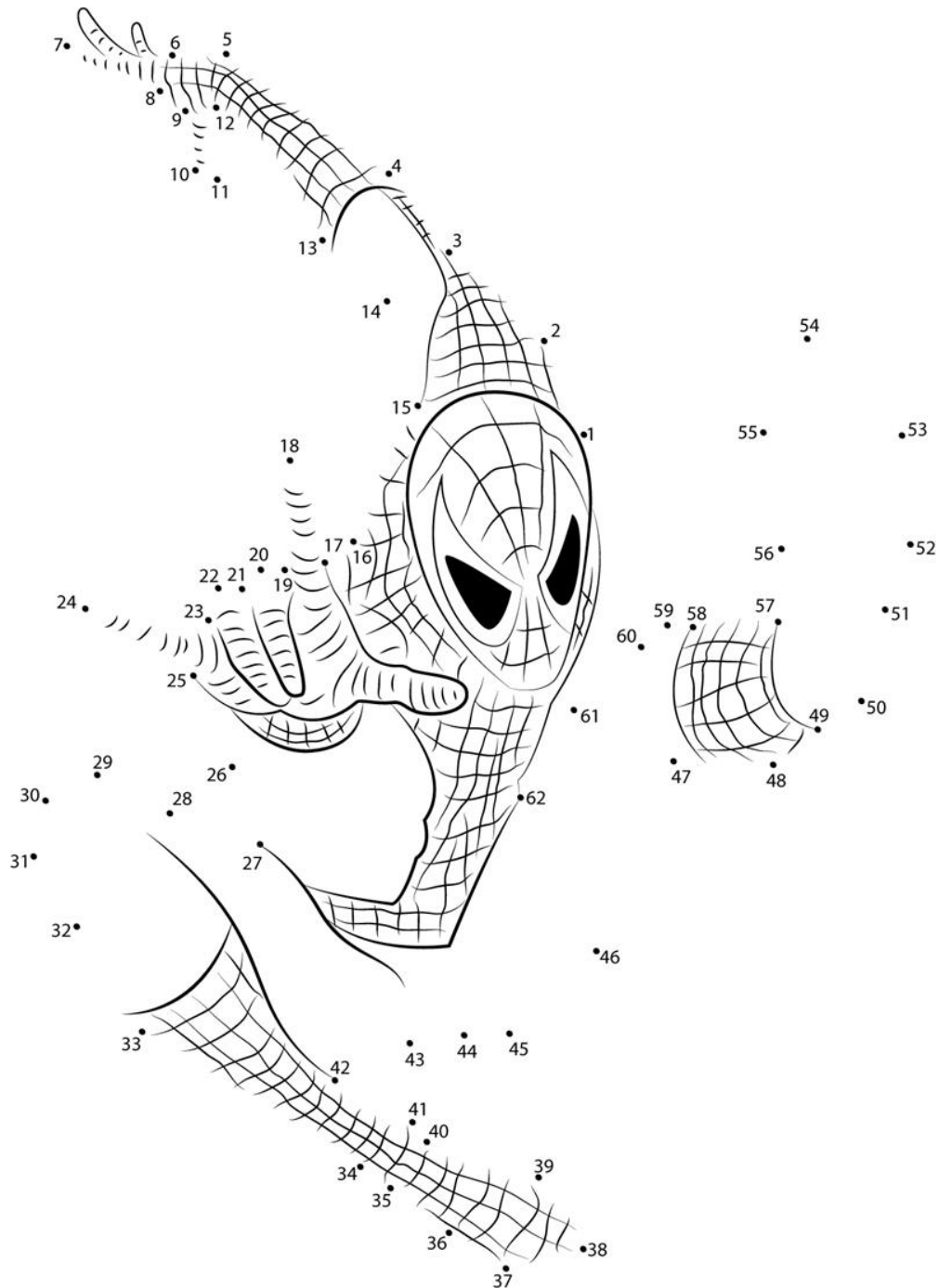
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If you have enjoyed colouring these images then why not get yourself a colouring book aimed at adults. Some of the books are very beautiful in themselves being made from fine paper and using high quality printing. You will find books at most newsagents, supermarkets or at The Works and The Range. There are prices to suit most pockets. Other crafts you will find in the shops include 5D Diamond Art, Scraperfoil and Artful Etching. All of these arts and crafts and more take place in Clubhouse. Go along and give it a go, you will be made very welcome.



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Pictures of Clubhouse Life

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Charlotte, Helena and Helen with
Charlotte's Bald Eagle



Our beautiful calming garden



Amy believes in US with her superb picture



Charlotte is the Statue of Liberty



Steve, Colin and Chris crafting



Maggie takes the first walking
group out for a spin

Virtual Art Sessions are being delivered within Clubhouse twice a week. Tuesday and Thursday at 11am. If you are interested in attending speak to your support worker or email chris.oldham@brighter-futures.org.uk for a link to the sessions.



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Times	The Clubhouse Network Virtual Sessions using the Microsoft TEAMS App
Monday 3pm	Social Session For an invite please email:- jacqui.parker@brighter-futures.org.uk
Tuesday 11am	Art Session For an invite please email:- chris.oldham@brighter-futures.org.uk
Wednesday 3pm	Social Session For an invite please email:- maggie.hunter@brighter-futures.org.uk
Thursday 11am	Art Session For an invite please email:- chris.oldham@brighter-futures.org.uk
Friday 1pm	Social Session and Quiz For an invite please email:- chris.morgan@brighter-futures.org.uk
<p>PLEASE NOTE GROUPS CURRENTLY HOLD A MAXIMUM OF 10 PEOPLE SO PLEASE EMAIL AS SOON AS YOU CAN TO SECURE A PLACE AND AVOID DISAPPOINTMENT – THANK YOU</p> <p>If you want information on how to download the Microsoft TEAMS App or how to set up an email address please speak to your support worker about this</p> <p>Please call 01782 835220 or 01782 406000 Option 3, then 1 for further information</p>	



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Word Search

11

ANIMALS

R	W	O	R	C	A	H	S	I	F	R	T	D	B
R	E	Y	I	E	A	D	I	N	O	S	A	U	R
O	E	D	C	E	R	A	H	A	A	A	I	I	I
E	H	E	B	A	D	G	E	R	N	R	R	L	D
L	C	K	R	A	V	D	R	A	A	T	B	O	R
I	I	R	R	E	S	E	L	O	M	E	H	E	F
D	R	Y	A	H	C	O	E	O	H	D	B	L	Z
O	T	N	N	B	A	H	O	C	R	C	O	C	S
C	S	N	G	O	B	M	E	E	R	C	W	A	O
O	O	R	C	I	P	I	S	E	T	A	T	I	H
R	H	V	E	D	A	B	T	T	T	E	V	C	E
C	R	N	I	H	P	L	O	D	E	A	S	E	N
G	O	H	E	G	D	E	H	P	C	R	H	H	N
D	G	R	M	I	E	E	S	B	A	T	U	I	T

HAMSTER
DINOSAUR
CHEETAH
EEL
FISH
RABBIT
HEDGEHOG
BAT
BEAR
MOLE
CROW
OSTRICH
AARDVARK
PONY
DOLPHIN
BADGER
ANT
CROCODILE
RAVEN

TYPES OF CHILLI PEPPER

O	T	C	R	P	I	P	H	P	E	N	E	S	E
N	S	T	R	T	O	E	T	E	N	C	N	B	F
T	E	H	O	S	R	P	E	N	S	U	S	N	A
A	R	S	N	M	E	P	N	R	R	A	H	S	T
B	R	O	A	E	N	E	N	E	F	L	I	E	A
A	A	T	L	D	A	R	O	O	M	A	S	H	L
S	N	O	B	U	B	O	B	T	A	E	H	O	I
C	O	C	O	S	A	N	H	H	O	E	I	N	I
O	E	E	P	A	H	C	C	H	O	C	T	S	E
I	P	A	A	A	N	I	T	O	E	O	O	E	Y
D	O	S	C	H	D	N	O	T	B	L	A	R	E
H	H	I	A	O	H	I	C	A	O	N	I	F	H
O	B	E	O	E	E	O	S	P	O	C	A	N	C
C	A	Y	E	N	N	E	N	S	S	R	E	D	A

MEDUSA
FATALII
ROCOTO
PEPPERONCINI
FRESNO
CAYENNE
HABANERO
TABASCO
SCOTCH BONNET
POBLANO
SHISHITO



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Brighter Futures
on
Twitter**



@BFNW



**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

**Find
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Facebook**



brighterfuturesNW

 **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

An American Clubhouse Gary's story

New York, New York so good they named it twice.

On November 5th 2002, six Clubhouse members and three support staff flew from Manchester to New York. We had to be at the American for 6:25am, our flight was at 10:00am. I remember being really quiet in the minibus because for me it was my first time ever in a plane. Fortunately the eight hour flight seemed to go quite quickly.



Times Square Deeliteful

After going through customs we had a huge surprise, we were driven from the airport to the Portland Square hotel on West 47th street on the edge of Times Square by a huge stretch limo.

This had been organised by a senior manager with Brighter Futures.

The main reason for the trip was to visit the Fountain House which was the first clubhouse in the World. It opened in 1949 being created by people who had been discharged from hospital and who found there were no mental health services in New York City.



Fountain House

The Fountain House has five floors, its own cafe and restaurant which are run by members. Clubhouse members also work in admin. The building has a huge rooftop garden.

The organisation has a research department which has produced reports into clubhouses from all over the world; including Australia, Canada and South Africa.

Later on in our first day we were driven to High Point farm in neighbouring New Jersey which was also run by members.



Central Park



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We managed to do some sightseeing in Manhattan including Central Park, Macy's department store and the Rockefeller Centre which had an ice rink at the front.

We paid our respects at Ground Zero which was a very poignant moment.

We took a ride in an elevator up eighty-six floors of the Empire State building and walked around outside. The views were spectacular.

We managed to see a show on Broadway. It was called Dances with Vampires and starred Michael Crawford. We

catching up on some sleep I was in work the next day.

Gary

Gary continues to be an active member and says he has had so much support from Clubhouse. He has lots of memories to cherish and has made many friends whilst being a member, working, volunteering for Clubhouse over the years.

Gary said he is thankful for the Clubhouse and stated life has changed for the better being supported for over 20 years. He loves his volunteering role and he meets and greets new

Clubhouse Network. I began working at the American Clubhouse as a support worker on 16th October 2006, and have been with the company for 14 years now....The original support team then were: Adam Walker, Jess Meredith, Carl Brereton, Mel Wetton, Manager Susan Preston and myself... and it's strange to think that I am the only original member of the team left!

In 2006, BF was known as Potteries Housing Association as it had not then changed its company name. At that time, we had two Clubhouses, the American and the Observatory, we ran a clubhouse from the Observatory during the week and all took a turn to spend x 2 weeks there. As now, it was a fun, vibrant service which welcomed all through its doors, no exclusions, just support for all when it was most needed.

When I first began my role, there was a film crew from the BBC based within the Clubhouse, making a documentary; 'It's a Mad World' spending each day at the American or Observatory. They also spent time with several customers each day to get an insight into how their mental health impacted on their lives. This, as you may imagine, was difficult for the team, with big decisions to make each day, such as what to wear, especially Adam Walker, as he



The Guggenheim Museum

also made a journey in an iconic NY taxi.

There was so much to do and see. Although it was seventeen years ago my memories are like it was yesterday. It was an incredible experience. We arrived back at the American about 3:45 in the afternoon and after

members. He is looking forward to big silver anniversary in 5 years' time and many more to come.

KATE'S STORIES

Clubhouse: 20 years of!

My name is Kate, I'm the Deputy Manager for the



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needed to look his best for the filming... The documentary was aired on T.V for Comic Relief and the contributors along with then-manager, Susan Preston, were invited to London for the day to watch the first screening and then on to dinner.

One year after the documentary was shown, in aid of Comic Relief, we were visited by Lenny Henry. The American was packed. Lenny stayed for most of the day, chatting and joking with staff and customers and if I recall correctly, eating quite a bit of the delicious buffet which had been prepared by the team.

The Entertainers

As you probably all know, we've always held a Christmas party at the American for the customers. The team at the time-Adam Walker, Carl Brereton, Mel Wetton, Susan Preston, Jess Meredith and myself, decided on a 70's theme fancy dress. Adam and I visited the local fancy dress shop and deciding to car share on the evening, set off dressed to kill, well, so we thought. Adam wore a huge wig, stick on moustache, massively flared trousers, the biggest lapels ever and shades, whilst I had an Abba themed costume, long blonde wig, short, tight trousers and top, the tallest platform boots ever, which I couldn't stand up in for more than a few minutes' we thought we looked amazing. Unfortunately, on the way, we were held up in traffic for

some time. Both being bored and naturally nosey, we got out of the car forgetting what we looked like, we got wolf-whistles, claps and cheers, If I recall correctly, we even posed for pics! We were stuck for half an hour providing entertainment for the other bored drivers!

Llandudno Tower

Some of our customers may recall the days when we had a minibus. We regularly planned day trips for customers and decided one day to visit Llandudno.



Llandudno Tower

We were speeding along, chatting away, not being overly worried about Carl's driving, when Gary Dutton, always renowned for his observational skills, shouted from the back of the bus, 'We've just passed Charnock Richard... surely we're in Lancashire?' Carl, in his infinite wisdom had decided to take his, 'own special route' to Llandudno, forgetting where to come off the motorway for

North Wales, so had carried on to Blackpool 'waiting for the next turn-off' until he reached, that well known landmark, which from then on became known as 'Llandudno Tower'...

How many Clubhouse staff does it take?

The American was regularly featured in the Sentinel, with one story highlighting that years' July 4th celebrations, where I was tasked with waving the huge flagpole complete with American flag about outside the front door as a photo opportunity.



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it down onto the pavement narrowly missing one of our then-members, Lenny Bromley who was ever after convinced I had tried to, in his words; 'Knock me off, duck'

Crossword King...

Many of you may remember Barry Slater. Barry loved completing crosswords and would bring an armful of newspapers with him each day. To put it mildly, Barry was a little bit competitive and liked to complete crosswords with minimal help. I will always remember how, when I got a clue right, Barry would always say, 'I'll just put it in faint' and pencil the word in faintly he always did just in case I was 'wrong'.

My last memory of Barry was a day when I was at the American for a meeting and spotted Barry on my way out. Not having seen him for some time, I sat down and we did a couple of crosswords, I teased Barry several times by telling him I would put his answers in 'faint', this made him chuckle and we spent some time talking about past times. Barry passed away peacefully two weeks later, but it makes me smile that this is my last, happy memory of a true gentleman.

2020 has been a strange and difficult year, but the Clubhouse team has risen to the challenge and continued to provide much needed support to all our customers. During the Covid restrictions,

Clubhouse has also been at the forefront of innovative ideas to deliver virtual sessions and small walking groups. Our aims and focus have always and will always be to support our customers through whatever winding roads and bumpy journeys they find themselves on and we are proud to have reached our 20-year anniversary. Throughout this time, we've seen many changes, said goodbye to many people, and welcomed many others. I am immensely proud of our service and the staff team who work hard to provide such fabulous support. We are still here and are proud of what we have achieved, we hope that our customers continue to share our pride and enjoyment of what is a truly unique service.

We look forward to the next 20 years...

Music Man - American Pie

Back in the early 1970s I had a school friend called Andrew whose parents owned The White Swan Hotel in Hanley. The pub was large was large and served excellent food made by Andrew's mum. Mr and Mrs. Kaushal hailed from Liverpool and one of the most popular dishes served was scouse, resembling our own local dish, Lobby. There was a large jukebox in the corner, which for me was my favourite area.

Every week a man would call at the pub with a new selection of records from the pop chart.

Older readers may remember the 45s had a large hole in the middle, however, record shops sold adapters to enable them to be played on standard record players. The jukebox would register the number of plays each record had during the week, meaning popular songs could stay on the machine for weeks or even months and it's fair to say that some were never taken off.

A favourite of mine at the time was American Pie by Don McLean. Still a classic tune. McLean was once asked what the words mean. He replied, 'They mean I never have to work again in my life'.

The song was so long at eight minutes and thirty seconds it had an A and B side, meaning that on the juke box it was classed as two songs and it took double the money to hear it in its entirety.

I loved the song with a passion and every time I visited my friend I always asked was the song still on the machine? Weeks and months went by before I was finally given my prized possession. I remember running home with it before gleefully putting it on to my record player. Although after many plays it was well worn, to me the quality didn't matter

I still remember the opening line of side two, 'Helter Skelter



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in the fallout shelter' as I used to flip the disc over as quickly as possible to avoid a long break.



Back in the day on radio the DJs would only ever play side one at around four minutes.

I sing karaoke most weekends with my friend Senga and Pie is sometimes asked for. Tony our Karaoke man will always ask if they want the long or short version. We always hope they say the latter as eight minutes thirty seconds is a long time, especially if they can't sing very well.

A Charity Cycle Ride to Clwyd

Back in the mid-nineties our family received the sad news that our lovely mum, Marge, had only a few months left to live. Her favourite place to holiday was Llandudno and so we surprised her by booking a weekend break in a large seafront hotel.

Mum really enjoyed the four star facilities and took great delight in watching her five grandchildren splash around in the warm waters of the pool.

After her passing we wanted to do something in her memory. Her final few weeks were spent in the Dougie Mac and so it was decided to raise some money for the hospice.

Mum's church was in Shelton so we decided that this would be a good place to start a charity event.

coming off early to join us on our epic journey. We all wanted to look the part and so Gary approached Brian Rourke cycles, they were able to supply us with jerseys that had their logo on the front.

On the day we all met up at the church at 3a.m., if things went well we hoped to arrive in Llandudno at around 9a.m.

The weather was kind for the trip and we had many motorists beeping and waving as they passed us. We



A cycle ride to Llandudno seemed like a good idea and so we started to make some plans. When we looked for a suitable route it soon became clear that we would have to encounter many busy roads, therefore the plan was to start off in the early hours to avoid the heavy traffic. The team for the ride was to be me my brother-in-law Gary, and my cousin Philip. Gary had his foot in plaster at the time but bravely insisted on the cast

thought this was rather strange until we realised they had seen our shirts and that we were all in a proper race. Not many people had mobile phones in those days and so we were unable to inform anyone of our progress. Luckily friends and family made their way to the finishing point, Llandudno pier, early.

To this day I still remember a very large crowd cheering us on at our destination.



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Complete strangers had asked what everyone was waiting for and when they were told that the three of us were doing a ninety plus mile cycle ride many decided to wait to cheer us on for the final push.

We raised a considerable amount of money and even though the ride was great fun, it was nice to rest and have a lift home by car.

Quiz Answers

General knowledge quiz answers

- 1 The Comets
- 2 Nottingham
- 3 Hannibal
- 4 District of Columbia
- 5 Gilbert and Sullivan
- 6 Help
- 7 Ninety
- 8 Asgard
- 9 Millie Bobby Brown
- 10 (North) Yorkshire
- 11 Emma
- 12 Edward IV
- 13 Goat
- 14 Roker Park
- 15 Nicholas Nickleby
- 16 Valletta
- 17 Anaemia
- 18 Brown
- 19 Nitrous Oxide
- 20 Norwegian

Clubhouse Stories

Please give us your stories of what the Clubhouse Network means to you. Here is a reprint of Janice's story.

This Month We Have Janice

I have been attending the American Clubhouse for around four and a half years.



Janice

It's a long time ago now but I think I remember seeing a leaflet about Brighter Futures which is how I came to attend the American Clubhouse.

At first I was a little daunted but once I was settled in I felt very comfortable.

All the staff and members have been friendly and supportive when I've needed help.

I really enjoy crafting and am a member of the craft group. I enjoy making cards and

jewellery. I have helped with craft stalls at events.

I helped run tombola and raffles where prizes included craft items.

I have been on bus trips and days out. I particularly like the trip to Chester.

Overall my experience of The American Clubhouse has been extremely positive and I wouldn't hesitate to recommend Clubhouse to anyone who feels it could be useful to them.



What is Mindfulness?

Mindfulness 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

In today's rush, we all think too much — seek too much — want too much — and forget about the joy of just being.

Eckhart Tolle



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Wanting to reform the world without discovering one's true self is like trying to cover the world with leather to avoid the pain of walking on stones and thorns. It is much simpler to wear shoes.

Ramana Maharshi

Looking at beauty in the world, is the first step of purifying the mind.

Amit Ray

In this moment, there is plenty of time. In this moment, you are precisely as you should be. In this moment, there is infinite possibility.

Victoria Moran



Pelé Has Been Called the Best Football Player of all time.

Here are ten facts:

- 1 Now eighty, Pelé was born in 1940. He spent his childhood in Brazil living in poverty.
- 2 Growing up he and his pals couldn't afford a ball so they played with socks wrapped in newspaper, or a grapefruit.
- 3 He began playing for Brazilian side Santos at just fifteen, scoring four goals on his debut.
- 4 He went on to score a massive 1,281 goals including 77 for Brazil; he is still the nation's top scorer.

5 He appeared in four World Cups and was a winner a record three times in 1958, 1962, and 1970.

6 In 1958 he became the youngest player to play in World Cup game at 17.

7 Pelé scored two goals in the match as Brazil beat hosts Sweden 5-2.

8 Pelé has at least seven children including some from affairs.

9 Pelé has raised millions for good causes such as Great Ormond Street Hospital.

10 Finally... A strange thing happened to Pelé in 1967, a forty-eight hour ceasefire was declared in Nigeria's civil war, giving people time to see the star play when he visited.

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.

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.

The service is available to anyone living in Stoke-on-Trent or Staffordshire and is now taking new referrals offering telephone support and access to virtual social and art sessions – see page 20 for more information or telephone 07824 505538

City Snap



This truck commemorates the opening of Fenton Tip Reclamation Scheme.

Pic. : Charlotte.

Riddles

Questions:

- 1 I have branches but no fruit, trunk or leaves.
- 2 What can't talk but will reply when spoken to.
- 3 What has many keys but can't open a single lock?



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- 4 What gets bigger when more is taken away?
- 5 Where does 'today' come before 'yesterday'?
- 6 It belongs to you but other people use it more than you do?
- 7 What has thirteen hearts but no other organs?
- 8 What kind of running means walking?
- 9 What starts with a 'T' ends with a 'T' and has 'T' in it?
- 10 Lovely and round, I shine with pale light, grown in the darkness a lady's delight. What am I?

Answers:

- 1 A Bank
- 2 An echo
- 3 A piano
- 4 A hole
- 5 The dictionary
- 6 Your name
- 7 A deck of cards
- 8 Running out of petrol
- 9 A teapot
- 10 A pearl

Jokes

- 1 The first time I went to America I wanted to embrace the culture. As I got off the plane someone said, 'Have a nice day'. I didn't, so I sued them.
- 2 What do you call an American in the knockout stages of the World Cup? A referee.
- 3 What did the frog order at McDonalds? French fries and a diet croak.
- 4 Why do hamburgers go to the gym? To get a better bun.

- 5 What time does John McEnroe go to bed? Tenuish.
- 6 Despite what you may hear or read the USA is close to perfection... Canada.
- 7 Every July 4th America sends Britain a locket with a tiny picture of the USA in it... Just to remind us they are still in-da-pendant.
- 8 Why did Eve want to leave the Garden of Eden and move to New York? She fell for the Big Apple.
- 9 Why don't Americans eat snails? Because they like 'fast food'.
- 10 Why did the rooster cross the road? He heard that the chickens at KFC were pretty hot.

Ange's Recipes: Iced Tea

What you need:

- Tea Bags (used ones work) can also use de-caff tea bags
- Manuka Honey or brown sugar
- Squash/cordial (any preferred flavour)
- Chopped fruits: Strawberry, Grapes (try them frozen), Cucumber, Orange slices, Lemon/lime slices, mint

What you do:

1. Add boiling water to the jug (about 4-inch depth)
2. Add the tea bags, stir, and leave to stand for a few minutes
3. Add the Manuka Honey/brown sugar (to taste)

4. Add the squash according to taste (this can be made quite strong)
5. Take out your tea bags
6. Top up the jug with cold water
7. Put in the fridge to cool for a while
8. Add chopped fruits
9. Serve and relax

St Clements Mocktail/Tea Recipe

What you need:

- 2 Oranges
- 2 limes
- 1 lemon
- Manuka honey or brown sugar
- Used tea bags
- Juicer or fruit press

What you do:

1. You can use the rolling hint as described in the kiwi and lime lemonade recipe to make the juicing easier
2. Cut oranges, limes, and lemon in half – then juice these
3. In a jug add a small amount of boiling water to melt the honey/sugar and stew the tea bags
4. Add the squeezed juice and allow to stand
5. Remove the tea bags
6. Chill the juice in the fridge
7. Serve and enjoy

STOP PRESS
STOP PRESS

Fantasy football results-
Stoke C 5-1 Real Madrid
Rest of the World 0-5 Port V
Crewe A 0-1 Kidsgrove A



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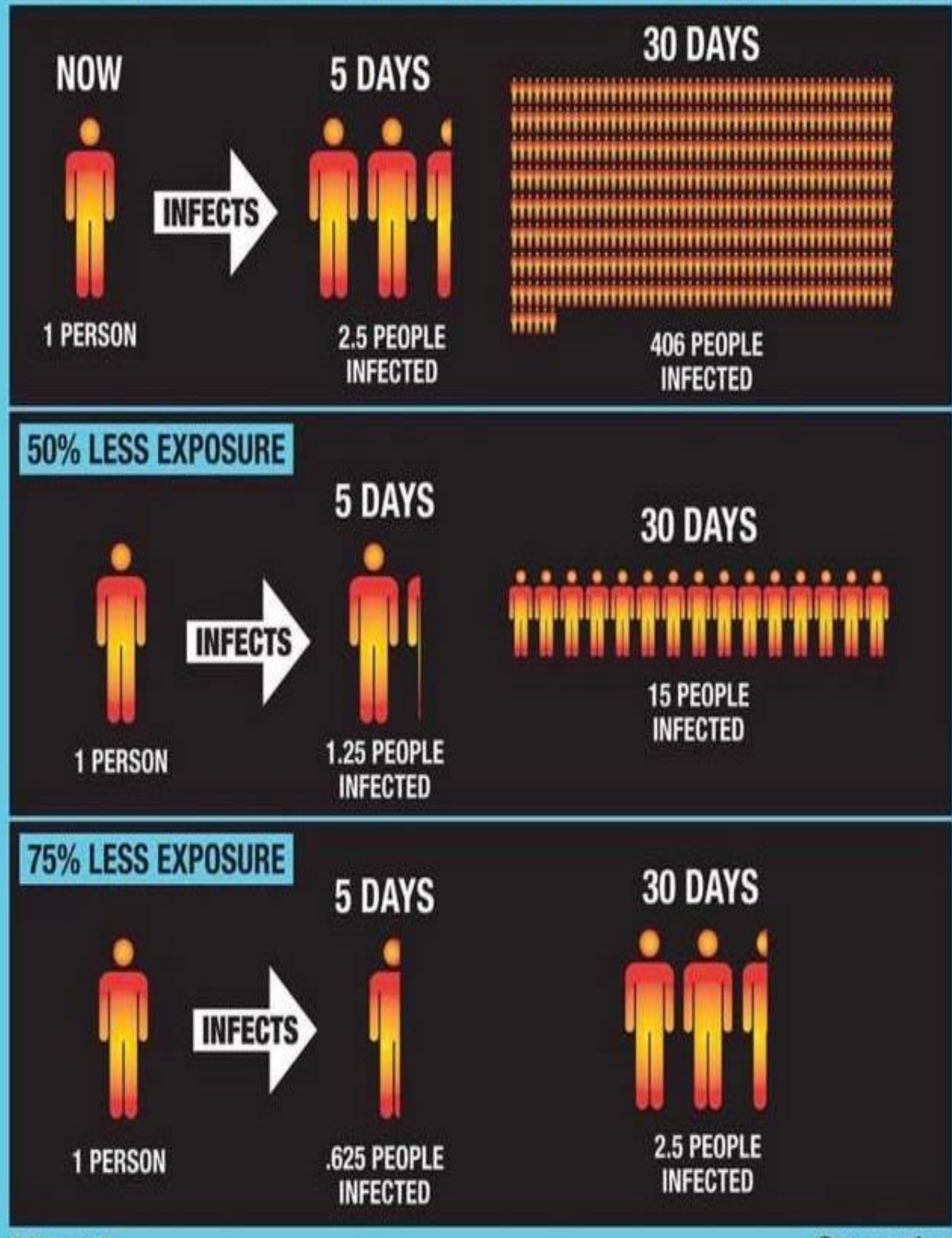


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THE POWER OF SOCIAL DISTANCING



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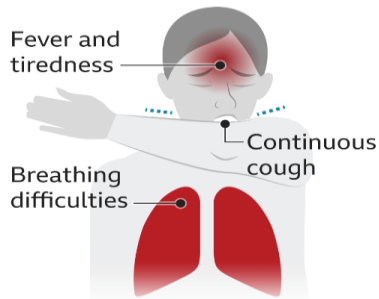


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What are the symptoms - and what should I do if I feel unwell?



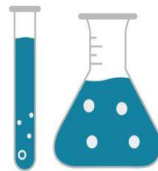
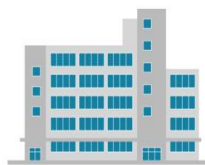
If you live with someone who has a 'new continuous' cough or high temperature, stay at home for 14 days in case symptoms develop



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



You may be tested for the virus at a hospital



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



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Support and Services Contact Information

Groceries

Freshview foods 01782 717806

Delivery within 10 miles of Wolstanton

Walkers (near Whittle Court) 01782 274075

Order and pay over the phone, then collect outside the shop.

www.heinztohome.co.uk 16 tins of beans, tomatoes, spaghetti and soup.

£10 plus £3.50 Hermes delivery, delivered within 3 days.

Support

Changeshere4u.org.uk - zoom meetings or can phone in

CALM Campaign Against Living Miserably - hardship and suicide prevention to all, especially older males. 0800 58 58 58 5pm to midnight

Samaritans 116 123

Bereavement Helpline 0800 2600 400 8am to 8pm.

Sudoku – Solutions

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

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

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



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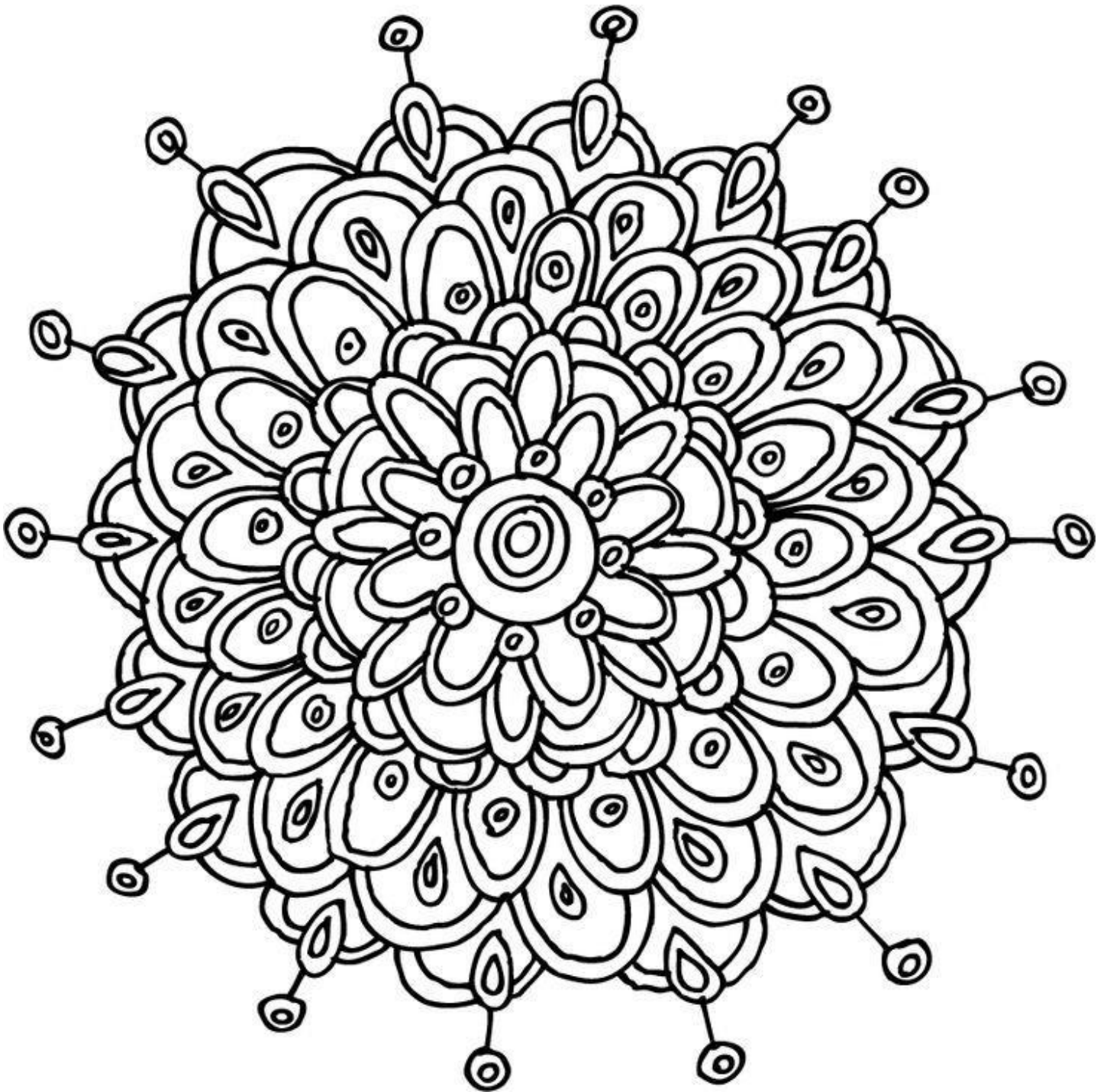
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Mindful Colouring

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

Twenty.

