



It's good to have an end in
mind but in the end what
counts is how you travel.

Welcome to Extra issue #1

Hello everyone, welcome to Clubhouse Network Newsletter EXTRA Issue #1. This is something a little different, including more sudoku, competitions, quizzes and mindful colouring together with some of the Newsletter's regular content like jokes and 'Top Ten Facts'.

Advice on Corona virus and how to protect you and your family is also included.

We hope you enjoy Newsletter EXTRA.

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

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Contributor: Diane Goodstadt
Approval: Sharon Godwin

Have fun with these Sudoku Puzzles!

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

KEN'S QUIZ SITE

A Free Quiz Resource

Have a go at this quiz on football songs.

1. On the 1990 single "World in Motion", which Liverpool player performed a rap?
2. The 1998 hit, 'Vindaloo' was performed by Fat Les, which three people made up Fat Les?
3. The Liverpool anthem, 'You'll Never Walk Alone' originates from which musical?
4. Which comedian and talk show host joined with Dizzee Rascal on the 2010 World Cup song, 'Shout'?
5. Used as the theme for BBC TV's coverage of the 1990 World Cup finals, from which opera is, 'Nessun Dorma' from?
6. Which popular musical hall song from the 1920's is used as West Ham's club song?
7. Which group joined Baddiel & Skinner on their perennial hit, 'Three Lions'?
8. A television advert for Wonderloaf provided the inspiration for which 1973 football song?
9. Which single did Ant and Dec release for the 2002 World Cup Finals?
10. Which song has traditionally been sung at every FA Cup Final since 1927?
11. Reaching the top five in 1972, 'Blue is the Colour' was performed by which football side?
12. A No.3 hit for Liverpool in 1988, the, 'Anfield Rap' featured the voice of which former manager?
13. Recorded for the 1988 FA Cup Final which football club released the single, 'Go for it'?
14. For which tournaments were the following the official England Team songs, [a] '(How Does It Feel To Be) On Top of the World', [b] 'This Time (We'll Get It Right)', [c] 'World at Your Feet', [d] 'All The Way' and [e] 'We've Got the Whole World at our Feet'?
15. Which artist, who had a top five UK hit in 1979 with, 'Bang Bang', wrote the 1982 Scotland World Cup squad song, 'We Have a Dream'?
16. Which group performed on the Nottingham Forest's 1978 single, 'We've got the Whole World in our Hands'?
17. Which song by Simply Red was chosen as the official song for UEFA Euro 1996 which were held in England?
18. Reaching No. 4 in the UK charts who joined with the 1978 Scotland World Cup squad on their hit, 'Ole Ola'?
19. Which England World Cup song topped the charts in 1970?
20. Written by Chas & Dave, 'Ossie's Dream' became a top five UK hit in 1981 for which football team?

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Competition Time!



5

Can you be a Lock Down Creator and get your name in print?? Brighter Futures plan to create a **YOU'VE GOT THIS**- Booklet and we need you and your families help!!

5 Competitions, 5 Opportunities!

To create a booklet, that can be gifted to customers when they move on to independent living.

The booklet content will be created from a series of competitions inclusive of all individuals linked with Brighter Futures.

Please involve all the family. Competitions are aimed at linking in with home-schooling and ensuring a fun activity for all the family.

The overall look must be colourful, engaging, educational, easy to read and above all fun!

Please ensure customers are included in all competitions

Closing date for all entries 3rd July 2020

Entries will be published, with a visual rosette indicating Winners 1st to 3rd Place. Please send all entries to angela.henshall@brighter-futures.org.uk along with contact details. Handwritten work welcomed. Winners will be notified by Friday 17th July, Good luck, and Have Fun!!



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Competition No. 1

Cooking on a Budget, Main Meal

Please submit entry with contact details to
angela.henshall@brighter-futures.org.uk

This one is for the Adults including Family Members...

You must include...

1. The budget – Breakdown of ingredient cost
2. The Ingredients - Measurements
3. The method - Recipe
4. A photo of the masterpiece – Ta Daaa!!
Finished product



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Competition No. 2

Cooking on a Budget Desserts

Please submit entry with contact details to
angela.henshall@brighter-futures.org.uk

This one is for the Children...

You must include...

1. The budget – Breakdown of ingredient cost
2. The Ingredients - Measurements
3. The method - Recipe
4. A photo of the masterpiece – Yum!!
Finished product



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Competition No. 3

Positivity

Please submit entry with contact details to
angela.henshall@brighter-futures.org.uk

This one is open to all...

1. Best Positive Quote
2. Best Mood Lifters – E.G Play music that transports you to happy memories
3. Best grounding techniques
4. Best exercise plan



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Competition No. 4

Money, money, money

Please submit entry with contact details to
angela.henshall@brighter-futures.org.uk

This one is open to all and will be printed at the start, middle and end of the booklet.

Best simplified budgeting advice!!



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Competition No. 5

Art and Illustrations

Please submit entry with contact details to
angela.henshall@brighter-futures.org.uk

This one is open to all...Get creative and design the following!

1. Cover Page/front
2. Cover page/Back
3. Fun Illustrations to be added throughout



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Quiz

Towns and Villages in and around Stoke on Trent



Example: Jewellery at the Top
Answer: Goldenhill



1. Theresa holds the money?
2. The large bird is angry?
3. Put extra in your suitcase?
4. Mis-spelt type of boot?
5. Jonathan, Jennifer & Harry combined
6. Not smooth but near
7. A pupils putting area
8. 224 ounces
9. Sterilising fluid
10. Not an old Church
11. Mohammed Ali originally was heavy
12. Where you could sell 100
13. Mrs Ogdens small rock
14. James has a car manufacturer
15. Policeman cuts the grass
16. Colourful border
17. Miners speaking about work
18. River meat
19. A weight stretched
20. Small children in a wood



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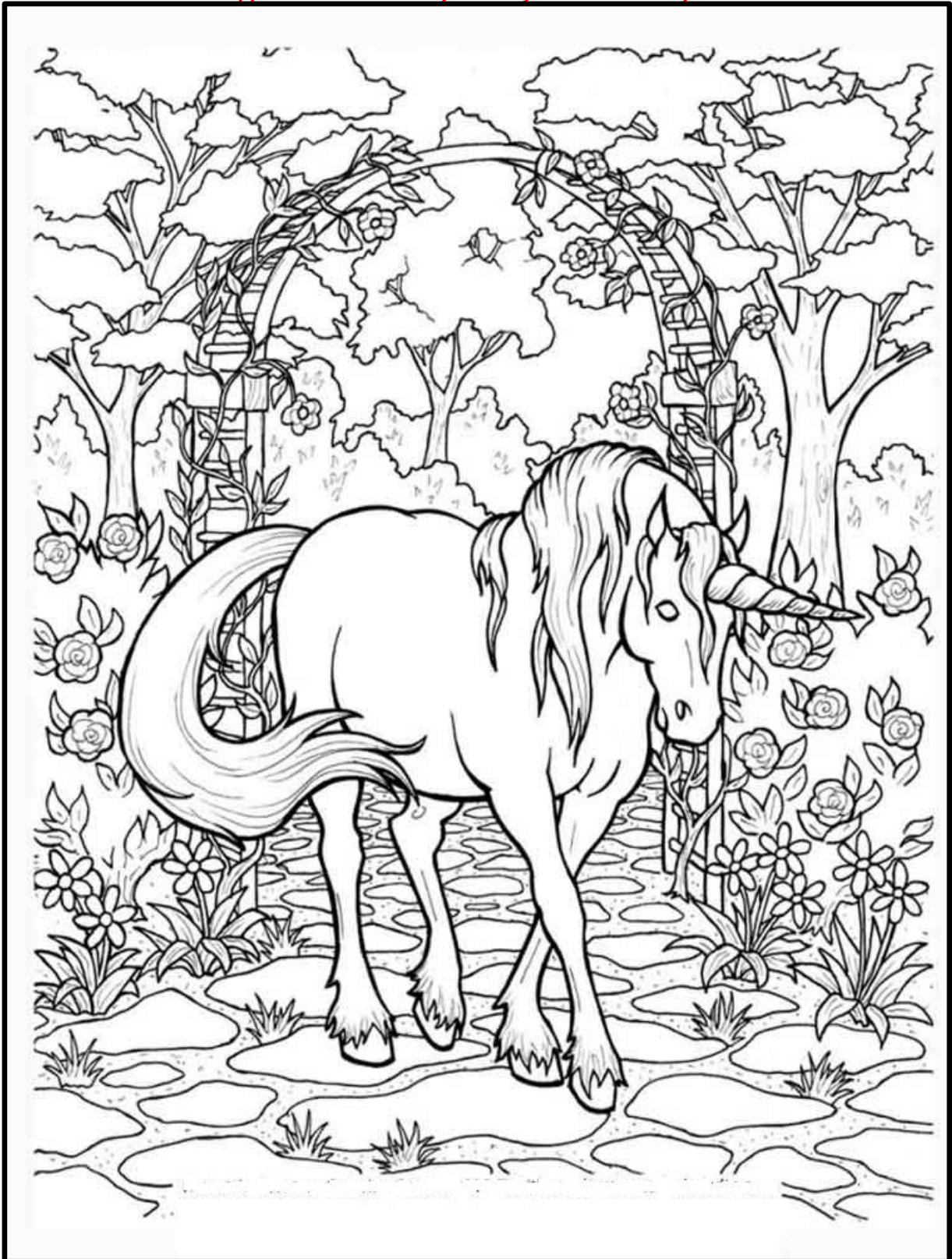
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Here are some pictures for you to colour in. Never tried colouring since you were a child? Give it a go, you might find it calming and fulfilling.

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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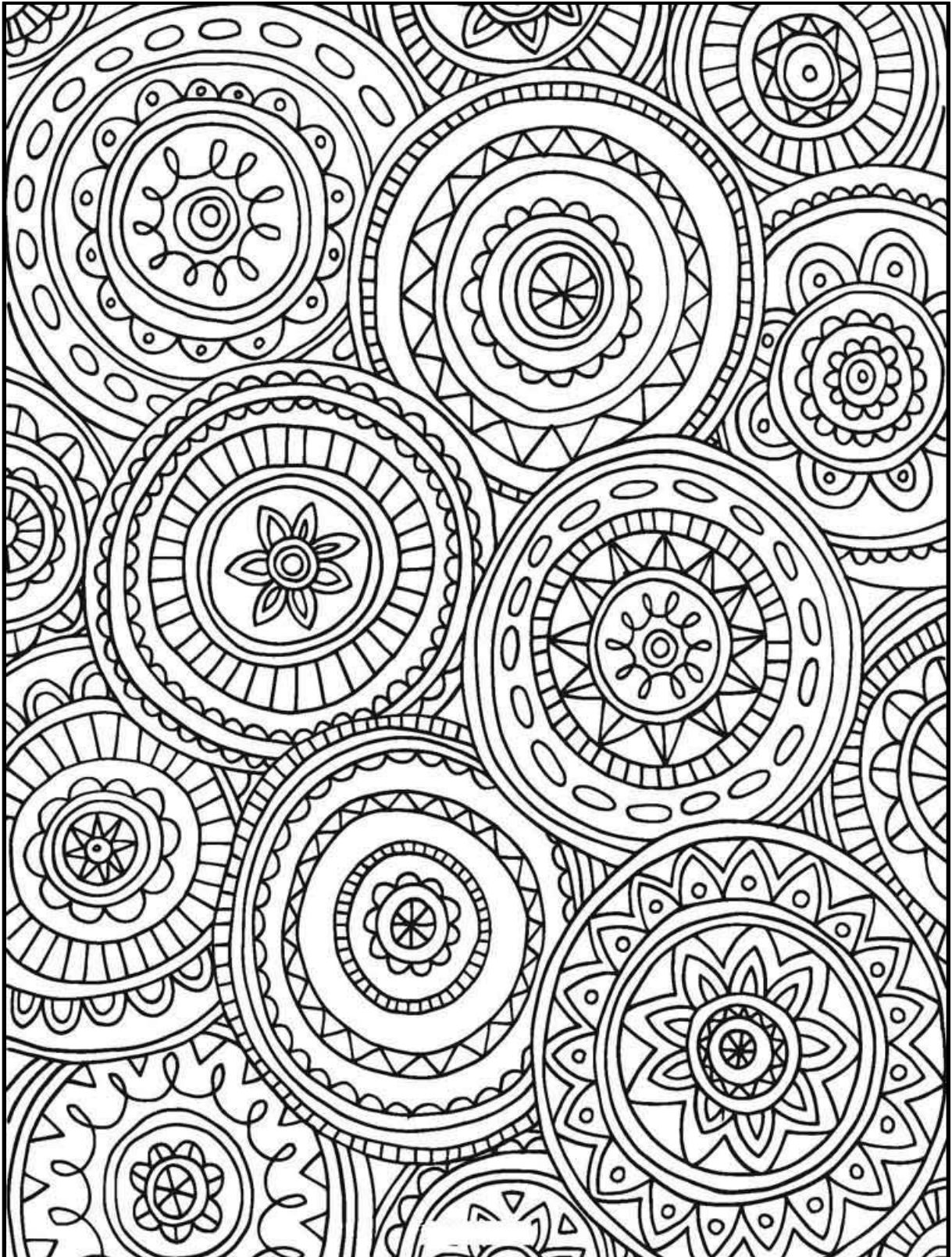
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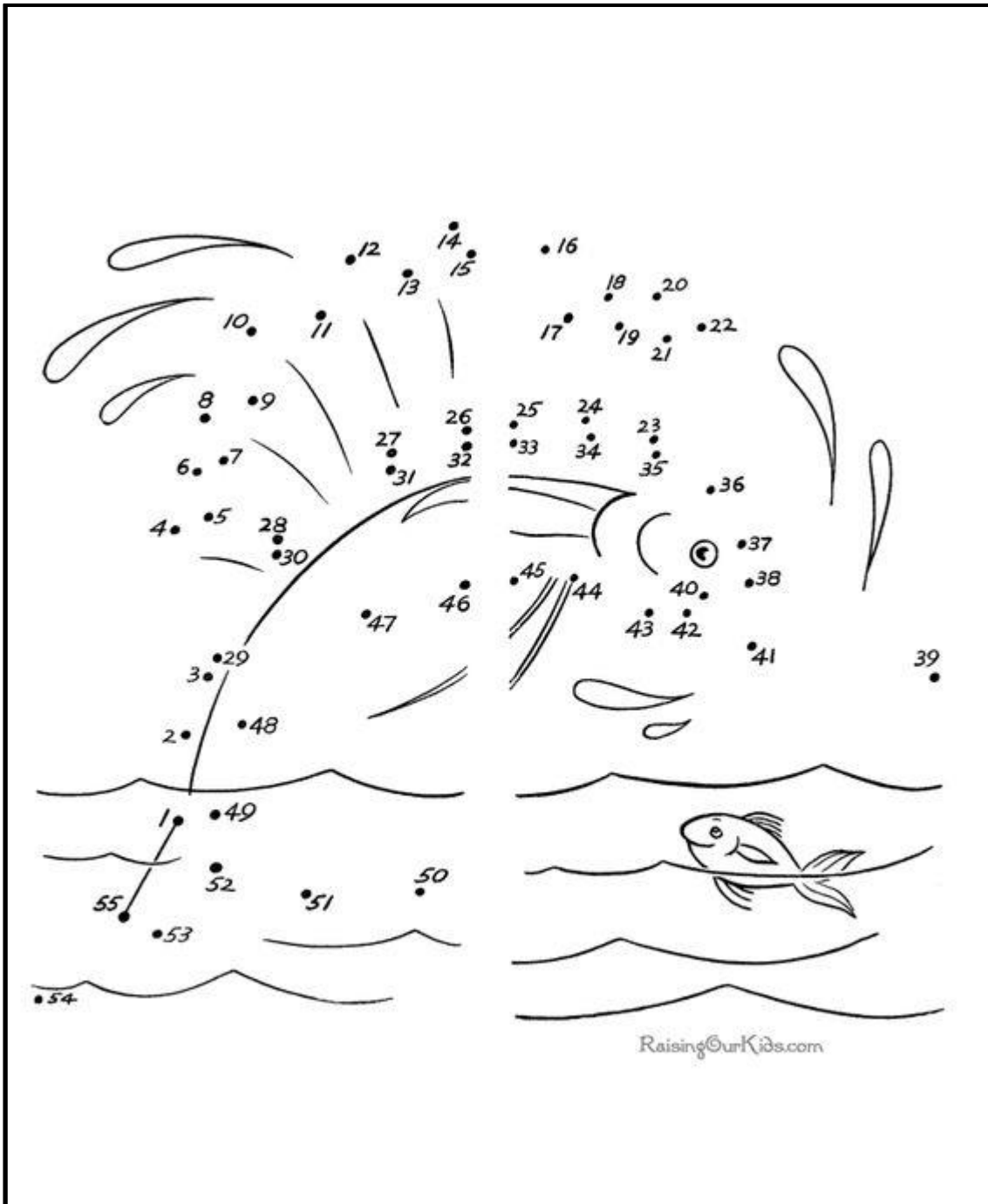
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If you have enjoyed colouring these images then why not get yourself a colouring book aimed at adults. Some of the books are very beautiful in themselves being made from fine paper and using high quality printing. You will find books at most newsagents, 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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Charlotte's Fabulous Nature Photographs

Everyone who attends Clubhouse or who reads the Newsletter will know that Charlotte loves to make images using all sorts of techniques. One of those ways is with photography, she makes fabulous pictures of many subjects. Here are a few of Charlottes nature photographs which I'm sure you will enjoy.



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Can you name the types of woofers shown here in this dog breed quiz?



1.....



2.....



3.....



4.....



5.....



6.....



7.....



8.....



9.....



10.....



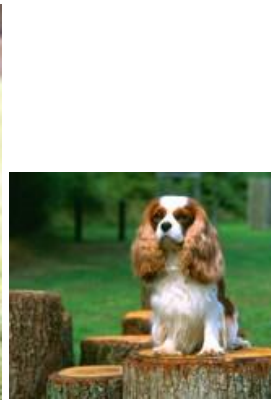
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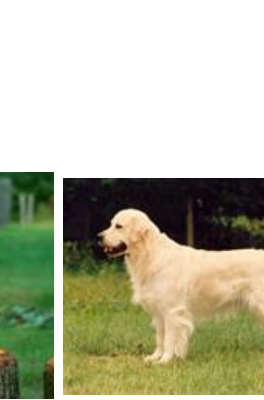
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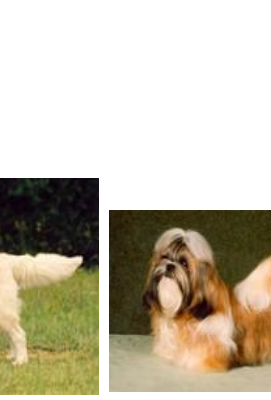
13.....



14.....



15.....



16.....



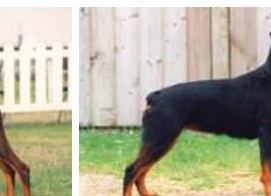
17.....



18.....



19.....



20.....

Downloaded free from www.kensquiz.co.uk



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Word Search

RIVERS



Yangtze
Indus
Mekong
Mississippi
Nile
Volga
Parana
Yenisey
Niger
Purus
Yukon
Amur
Amazon
Lena

THE RAINFOREST



Forest Floor
Emergent Layer
Orchid
Hummingbird
Macaw
Jaguar
Poison Dart Frog
Tarantula
Toucan
Canopy
Liana
Basilisk
Understory
Army Ants
Strangler Fig
Gibbon
Apes
Tapir
Coati



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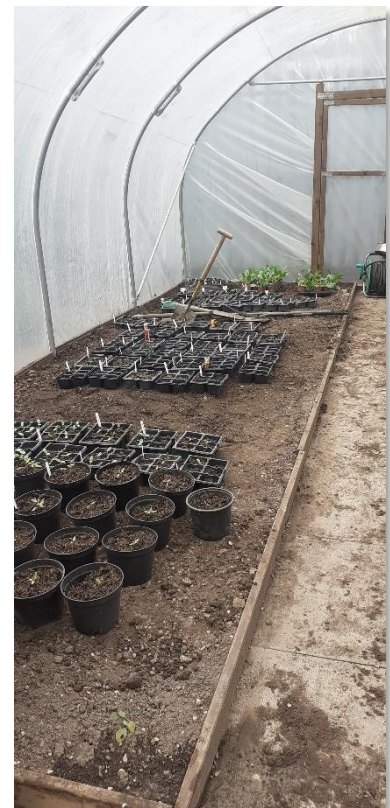
Dave has been making these stunning 5D Diamond Art pictures to decorate his home with. And over there is a picture of Lucky with his lucky hat.



The rose and the rhubarb are thriving in the Mike Moors Garden.



During the lockdown Adrian has been putting plenty of work into his allotment.



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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
Brighter Futures
on
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

Local History Shelton Bar

Shelton Bar was a 400 acre major steelworks in Stoke-on-Trent. In its heyday Shelton Bar employed 10,000 who were employed in the steelworks, five coalmines, a railway system, and a by-products processing factory.

In 1873 there were ninety three puddling furnaces, seven mills, eight blast furnaces, extensive iron mines and collieries.

Many coal mines were sunk on the site and freight railways built, stretching from the western reaches of Hanley then into Etruria and as far as Middleport.

In 1920 the company was acquired by John Summers and Sons, who developed the site into an efficient modern steelworks.

During World War II it was a frequent target for German bombers. It may have been a relatively easy target to spot as it was impossible to fully blackout the blast furnaces.

Shelton Bar was nationalized in 1951, only to be denationalized by the Conservative government in 1953.



Shelton Bar in its heyday

The main site, begun around 1830, was rapidly developed in the 1840s by the Fourth Earl Granville and his managing partner William Roden MP.

The enterprise was renationalized again in 1967 under the Labour government led by Harold Wilson. Sadly in 1968 the company



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implemented what they called a rationalization programme. Many jobs were lost and so began the well-remembered, 'Fight for Shelton Bar'.

Although it has to be said jobs on this large sprawling site were noisy, smelly and dangerous it had always held the promise of jobs for life.

The former late Sentinel journalist John Abberley once wrote that the temperatures in the furnaces could reach 15,000° C with locals living nearby to the plant claiming the red glow across the sky was light enough to read a newspaper at midnight.

Today a statue of a Steelman stands by way of a tribute outside the Potteries museum in Hanley and beneath it are written the lines:

'I believe in the dignity of labour whether with head or hand; that the World owes no man a living but that it owes everyman an opportunity to make a living.

In 1986 the reclaimed site was used for the National Garden Festival. In next month's issue I will recall this epic event.

Quiz Answers

Football songs quiz answers

1. John Barnes
2. Keith Allen, Alex James & Damien Hirst
3. Carousel
4. James Corden

5. Turandot
6. I'm Forever Blowing Bubbles
7. The Lightning Seeds
8. Nice One Cyril
9. We're On the Ball
10. Abide With Me
11. Chelsea
12. Bill Shankley
13. Coventry City
14. [a] 1998 World Cup, [b] 1982 World Cup, [c] 2006 World Cup, [d] 1988 European Championships and [e] 1986 World Cup
15. B.A. Robertson
16. Paper Lace.
17. We're In This Together
18. Rod Stewart
- 19 Back Home
- 20 Tottenham Hotspur

Name the dog breed quiz answers

1. Labrador retriever
2. Bull Terrier
3. Cocker Spaniel
4. Weimaraner
5. Boxer
6. Border Terrier
7. Lhasa Apso
8. Miniature Schnauzer
9. Pug
10. Bulldog
11. English springer Spaniel

12. German Shepherd (Alsatian)
13. Staffordshire Bull terrier
14. Cavalier King Charles spaniel
15. Golden Retriever
16. Shih Tzu
17. Yorkshire Terrier
18. West highland White terrier
19. Dobermann
20. Rottweiler

Towns quiz answers

1. Maybank
2. Heron Cross
3. Packmoor
4. Werrington (wellington)
5. Hartshill
6. Rough Close
7. Sneyd Green
8. Stone
9. Milton
10. Newchapel
11. Clayton
12. Tunstall
13. Hilderstone
14. Brindley Ford
15. Mow Cop
16. Brown Edge
17. Talke Pitts
18. Trentham
19. Longton
20. Kidsgrove



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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 Moment

Breathe. You're going to be okay. Breathe and remember that you've been in this place before. You've been this uncomfortable and anxious and scared, and you've survived. Breathe and know that you can survive this too. These feelings can't break you. They're painful and debilitating, but you can sit with them and eventually, they will pass. Maybe not immediately, but sometime soon, they are going to fade and when they do, you'll look back at this moment and laugh for having doubted your resilience. I know it feels unbearable right now, but keep breathing, again and again. This will pass. I promise it will pass



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.

City Snap



View from Meigh Street carpark at night.
Pic: By Mark.



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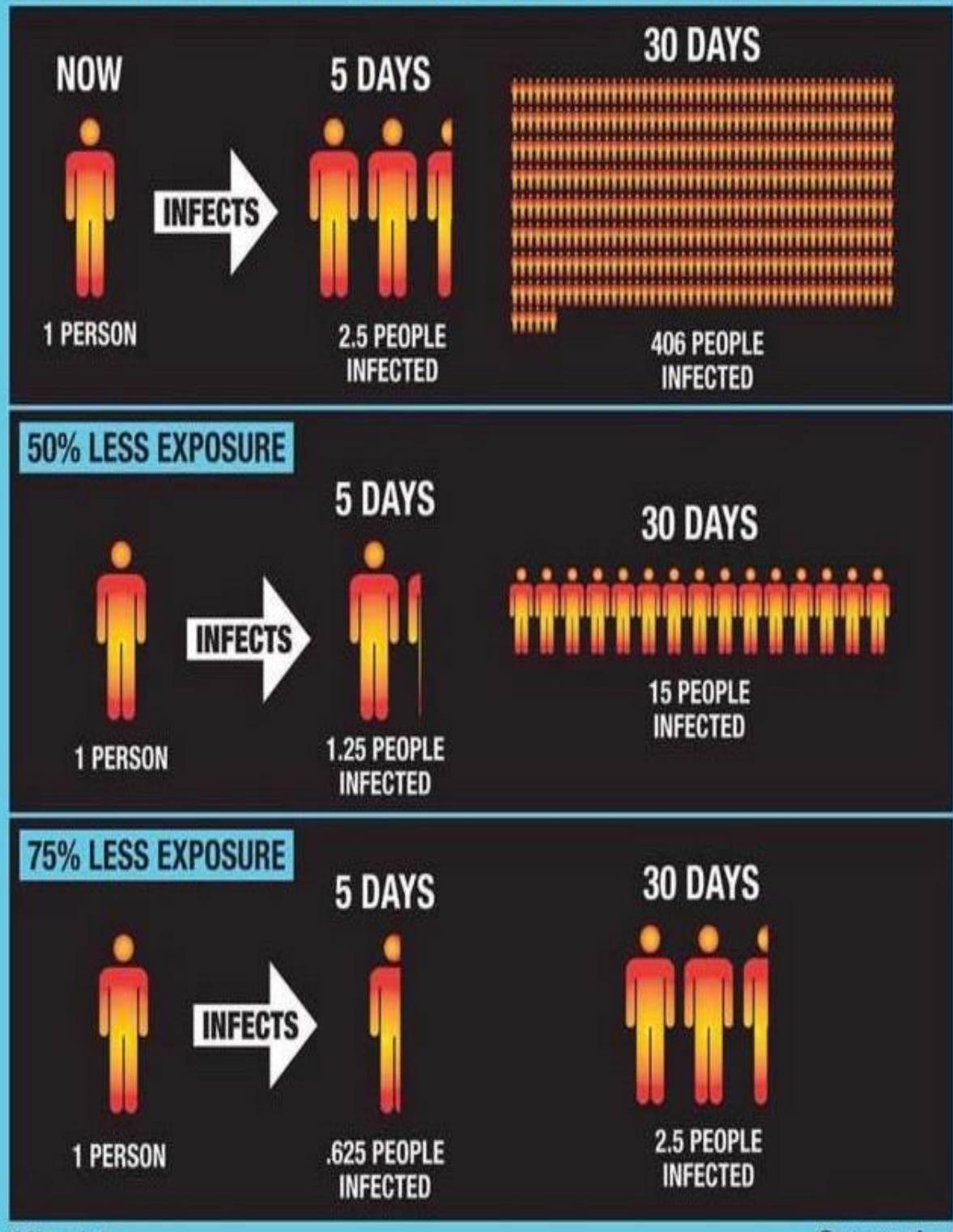


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THE POWER OF SOCIAL DISTANCING



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Jokes

What sport do horses like best? Stable tennis.

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

I remember the day the candle shop burned down. Everyone just stood around and sang Happy Birthday.

My dad was a circus clown. So I have some big shoes to fill.

Our priest took his new car for its first service, but couldn't get it through the church door

Whoever stole my Microsoft Office is going to pay... .. You have my Word.

I went to the doctor and he said, 'You have hypochondria.' I replied, 'Not that as well'.

When I was young I persuaded my younger brother to swallow a torch... It was worth it just to see his face light up.

I used to be a fortune teller but all I ever predicted was really cold winters, turned out the crystal ball shop had sold me a snow globe.

I was buying a dishwasher online, so I searched by price, lowest to highest. The best result was a sponge.

I've broken the wife's dressing table mirror but I daren't tell her as it reflects badly on me.



... and now for Something Completely Python

Recently reached
anniversary
Here are ten slightly silly facts:

1. Original names for the surreal TV show included: Owl Stretching Time and Vaseline Review.
2. Monty Python's Flying Circus was picked because it was zany and didn't stand for anything.
3. The first episode aired on BBC One on October 5th 1969. The cast were originally paid just £160 per episode.



4. The main reason the show used the opening brass band tune Liberty Bell was that it was royalty free.

5. Audience ratings started off low and the show was almost cancelled. However the Pythons' madcap sketches such as The Ministry of Silly Walks would come to be comedy gold.
6. The show also became known for Terry Gillian's wacky animations such as the giant foot which opened each show.
7. The word 'Pythonesque' has now entered the Oxford English Dictionary.
8. The hit song 'Always Look on the Bright Side of Life' has become a cult track and was performed at 2012 Olympics closing ceremony.
9. John Cleese went on to play, quite brilliantly, the lead character Basil Fawlty in TV sitcom Fawlty Towers he also starred in movies including A Fish Called Wanda.
10. The team last performed together at London's O2 Arena in 2014. Mainly because Cleese said he needed the money after losing a fortune from three divorces.

STOP PRESS
STOP PRESS

Fantasy football
results just in-
Stoke C 7-1 Leeds U
Walsall 2-5 Port Vale
Crewe A 0-1 Egerton



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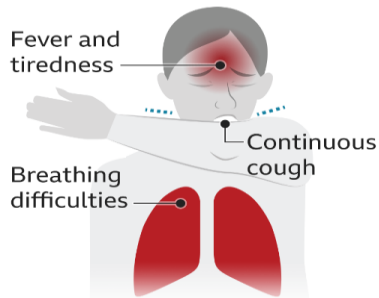
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What are the symptoms - and what should I do if I feel unwell?

25



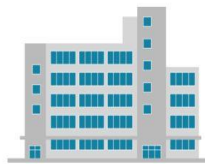
If you live with someone who has a 'new continuous' cough or high temperature, stay at home for 14 days in case symptoms develop



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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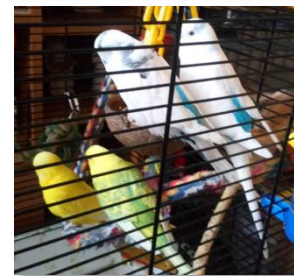
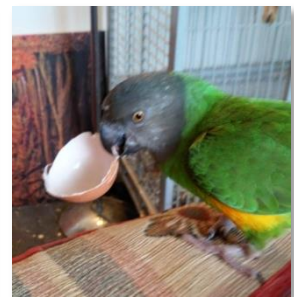
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Pets' World –Diane's new parrot Pixie



We had a call from a relative just before the start of lockdown. A friend of theirs had been taken very ill and was in hospital. Sadly it looked like she would be unable to return home and would be transferred to a home. She had several birds and animals that would need rehoming and could I help at all. In total she had two parrots, five budgies, two dogs and five cats. They were all being cared for by a neighbour temporarily. However as lockdown went on a new home was needed urgently. So a few weeks into lockdown we made several calls and were given permission to travel to Wolverhampton to collect them. Some had already been found suitable homes however there were four cats, four budgies and a parrot left. So my daughter and I made two journeys to collect them all. The parrot Pixie and the budgies stayed with me and the cats have gone to live with Ruth. The ladies family are happy they have managed to find homes for them all and we keep them updated with regular news and pictures.

Parrot Pixie is a Senegal parrot and a real character. His favourite phrases are 'Hi ya' and 'See ya' especially when you're trying to talk on the phone. His favourite hobby is terrorising the poor dog. He tries to drink Pepsi from the top of the can. However if you give him an empty can he will throw it across the room. If he wants attention and no one is giving him any one of his favourite things is to throw his food at you and will quickly empty his dish all over the floor. But I wouldn't change him for the world. No matter how down I am he always makes me smile.



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Support and Services Contact Information

Groceries

Freshview foods 01782 717806 deliver 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.

Miscellaneous

Roaming poets (to 17/6/20) 0800 689 1028, then pick 1 to 7 for different recorded poems. Call 0800 689 1079 between 11am and 7pm Monday to Sunday to speak to a Roaming Poet live or record your own poem to be shared with other callers.

Sudoku – Solutions

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

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

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



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Mindful Colouring

Express yourself in colour with this mindfulness colouring picture.

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



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

Extra.

