



Newsletter Extra #3

Happy New Year everyone and welcome to this issue of the Newsletter. This month, quizzes on brands, romantic movies, and general knowledge. Get your pencils out for some mindful colouring and dot-to-dot.

Read about Gordon's igloo and the second part of MusicMan's story on electronic instruments.

Diane tells us about the origins of Valentines day. Whilst we are still restricted in our activities why not try the virtual sessions promoted in this issue. Everyone at the Newsletter hopes that you enjoy reading this issue.

In this issue:

Prevent Spreading and Catching the Virus p3

General Knowledge Quiz p4

Mind Services p5

Brands Quiz p6

Colouring and Dot-to-Dot p7

Romantic Movies Quiz p10

Brighter Futures Virtual Sessions p11

Word Search p12

Peter's Lockdown Art p2

Burslem Community Camera Club p2

Early Electronic Music Pt.2 p14

Breathe! p15

Gordon's Igloo p15

Quiz Answers p16

This Month's Mindful Moments p17

Music p17

City Snap, Facts, Riddles, Jokes, David's Dog, Pop

Quiz and Fantasy Football Results p18

Valentine's Day p21

Support and Services Information p22

Sudoku Solutions p22

Mindful Colouring p23

Newsletter EXTRA is made by:

Editor, Producer, Audio: Mark Gilbert

Feature Writer: Howard Dexter

Photographer: Charlotte Booth

Contributor: Diane Goodstadt

Resident Poet: Adrian Croxton

Braillist: Toni Kalvans

Approval: Sharon Godwin

Front Cover: Westport lake and cafe

Have fun with these Sudoku Puzzles!

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

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

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



Passionate



Empowering



Sustainable



Creative



Equal

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

Have a go at this general knowledge quiz

4

1. What was first introduced by "Liberty Bell" in October 1969?
2. The British pop group The Yardbirds, had at various stages three of the world's greatest rock guitarists in their ranks. Who were they?
3. Which three countries have both an Atlantic and Mediterranean coastline?
4. Name the three orange coloured properties on the UK version of the board game Monopoly?
5. What are the county towns of the following English counties? (i) Devon (ii) Cornwall (iii) Somerset (iv) Sussex and (v) Buckinghamshire?
6. What was the first full length film that was completely designed by computer?
7. Which country has the longest coastline?
8. Who famously built a dyke to separate the English and Welsh?
9. By what name is the marsupial "Sarcophilus Harrisii" better known?
10. The following were the alter egos of which famous crime fighters? (i) Bruce Wayne (ii) Peter Parker (iii) Don Diego De La Vega (iv) Steve Rogers and (v) Diana Prince
11. Which four tournaments make up the men's golfing majors?
12. Which South American country takes its name from an Italian city?
13. What was the name of Dame Edna Everage's late husband?
14. What does the MP stand for in the term MP3 player?
15. What is the lowest possible hand in poker?
16. What are the chemical symbols for the following elements? (i) Gold (ii) Silver (iii) Mercury (iv) Lead and (v) Potassium.
17. Traditionally finishing with a "Vixen Break" and usually containing a "Helix" and a "Corkscrew", what are they?
18. Who performed the title music for the following Bond films? (i) Thunderball (ii) The Man with the Golden Gun (iii) Octopussy (iv) The world is not Enough and (v) Quantum of Solace.
19. Who shot Billy the Kid?
20. When Elizabeth Taylor played Cleopatra, who played Julius Caesar?
21. In which city would you find the International Court of Justice?
22. Whose birthday is celebrated around the globe on January 25th each year?
23. What is the name given to a quadrilateral with two parallel sides of unequal length?
24. Which is the most Southerly capital city in the world?
25. Which is the most Northerly capital city in the world?

Copyright © 2020
www.kensquiz.co.uk



Passionate



Empowering



Sustainable



Creative



Equal

Our Services



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.

North Staffs

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

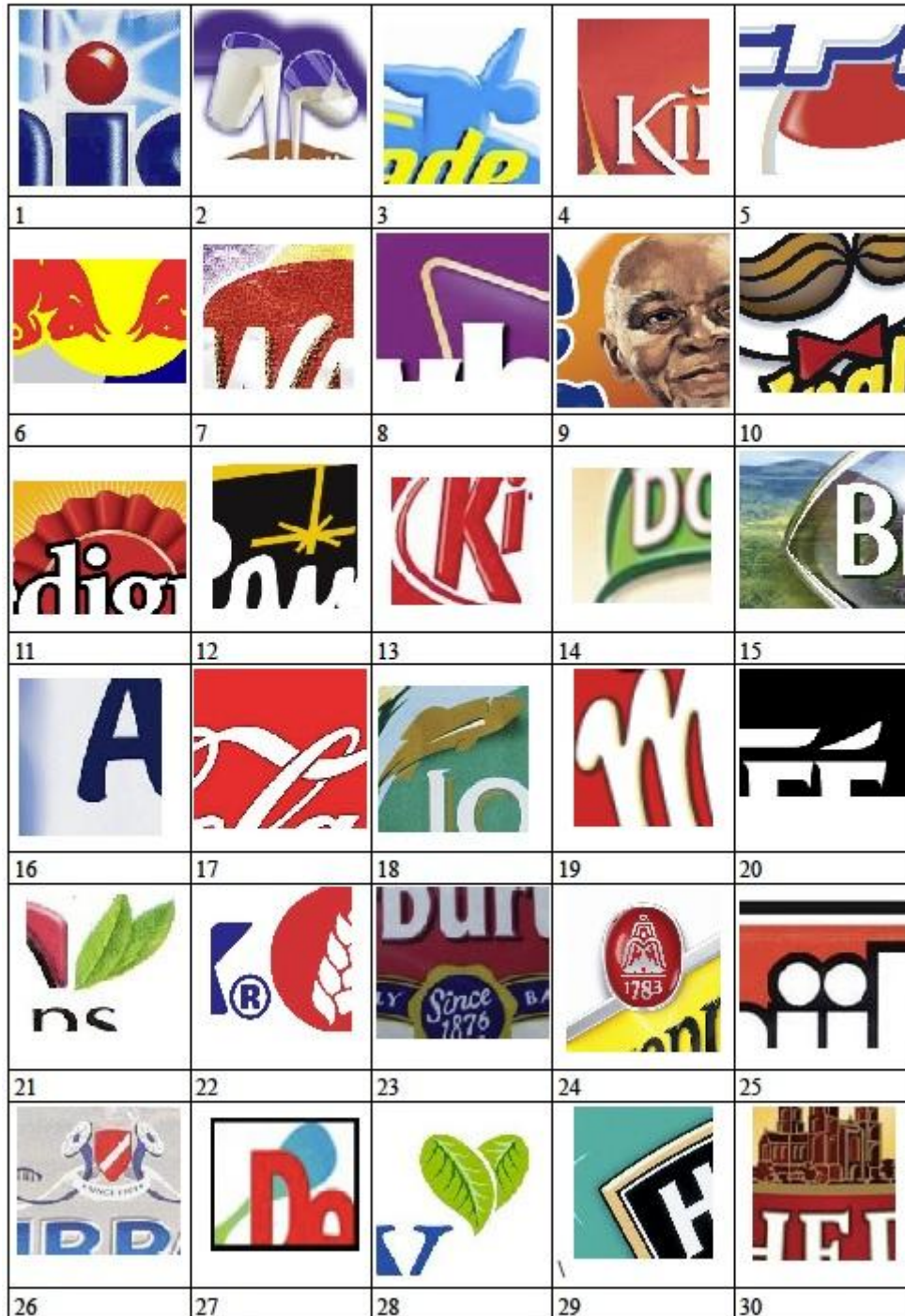
For the latest information about our services visit www.nsmind.org.uk or follow us on Facebook @NorthStaffsMind

North Staffs Mind 83, Marsh Street, Hanley, Stoke on Trent. ST1 5HN.

Registered Charity 700788 Registered Company in England 2294089

Quiz!

How well do you know these brands?



Passionate



Empowering



Sustainable



Creative

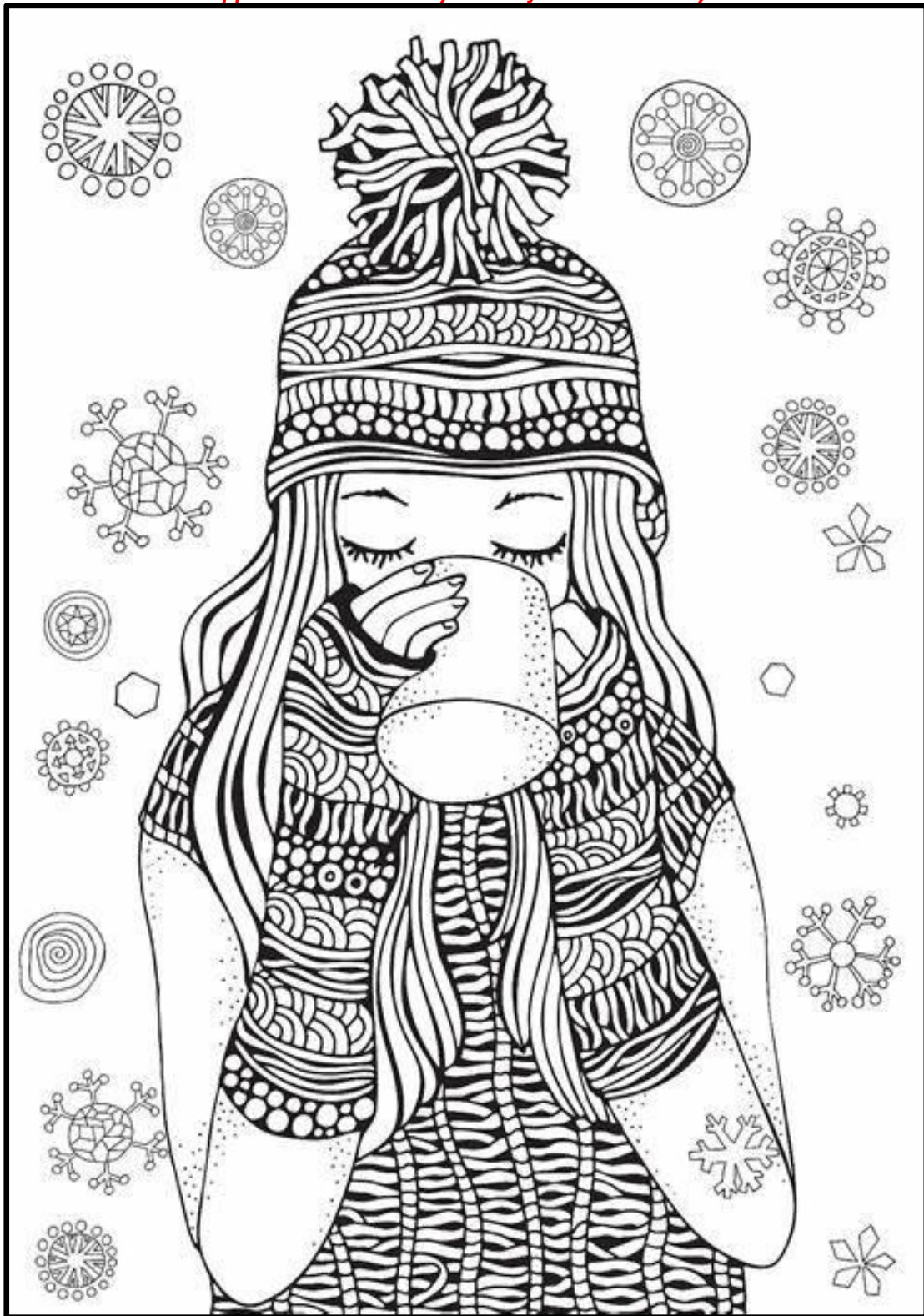


Equal

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.

7

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



Passionate



Empowering



Sustainable



Creative



Equal



Passionate



Empowering



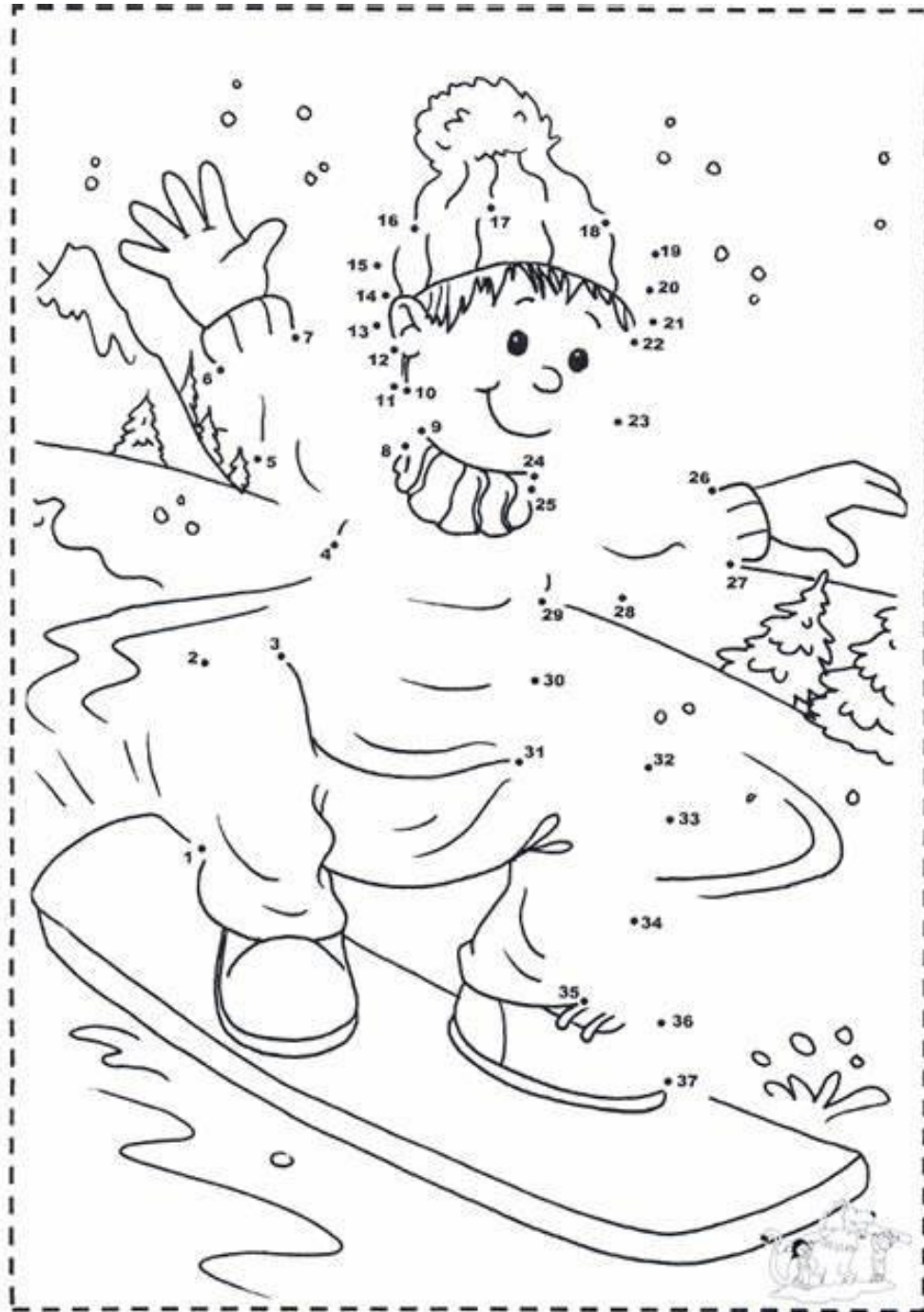
Sustainable



Creative



Equal



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 when we re-open, you will be made very welcome.



Passionate



Empowering



Sustainable



Creative



Equal

Quiz - Romantic Movies

- 1 For which romantic movie did Whoopi Goldberg win a Best Supporting Actor Oscar?
- 2 In the movie "Pretty Woman", what opera do the main characters attend?
- 3 Who starred opposite Trevor Howard in the 1945 classic "Brief Encounter"?
- 4 Mia and Sebastian are the main characters in which award winning movie from 2016?
- 5 In which city is "Lost in Translation" set?



- 6 Who directed the award winning romantic movie "Titanic"?
- 7 Which movie musical was based on Romeo and Juliet?
- 8 Who wrote the novel on which "Gone with the Wind" was based?
- 9 Which star of TV's "Game of Thrones" stars opposite Sam Claflin in 2016's "Me before you"?
- 10 Who starred opposite Patrick Swayze in "Dirty Dancing"?
- 11 Who played Belle in the 2017 live action remake of "Beauty and the Beast"?
- 12 Who wrote the novel on which the movie "Doctor Zhivago" is based?
- 13 In the 1996 romantic war drama "The English Patient", what was the patient suffering from?



- 14 In the 1938 romantic comedy "Bringing up Baby", who or what is baby?
- 15 In "Notting Hill", what did Hugh Grant's character sell in his shop?
- 16 The song "Moon River" features in which classic 1961 movie?
- 17 In which romantic movie does the line "I'll have what she's having" appear?
- 18 The 1986 romantic comedy "Pretty in Pink" was named after a song by which British post-punk group?
- 19 In the 1957 romantic film "An Affair to Remember", where do the main characters first meet?
- 20 On which of Shakespeare's plays is "10 Things I hate about you" based?



Passionate



Empowering



Sustainable



Creative



Equal

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>	



Passionate



Empowering



Sustainable



Creative



Equal

Word Search

ENGLAND

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

Guy Fawkes
 Robin Hood
 Manchester
 Channel
 Morris Dancing
 Yorkshire
 Nottingham
 United Kingdom
 London
 Sheffield
 Bristol
 Birmingham
 Henry VIII
 Cricket
 Beefeaters
 England

TYPES OF GEMSTONE

L	I	P	E	A	R	L	A	E	I	A	I	T	D
A	I	E	A	K	P	E	R	I	D	O	T	D	D
R	Q	D	A	R	U	A	Z	U	R	I	T	E	I
U	I	U	L	T	A	N	J	K	A	A	U	S	A
I	Z	N	A	A	A	R	Z	A	G	R	R	A	M
C	R	O	Z	M	R	N	R	I	D	A	T	P	O
I	T	I	T	D	A	E	Z	E	T	E	R	P	N
T	P	O	O	L	Y	R	M	A	I	E	A	H	D
R	R	R	P	D	A	G	I	E	N	J	P	I	Z
I	P	M	P	A	M	A	D	N	K	I	I	R	T
N	L	R	L	L	Z	R	I	E	E	R	T	E	A
E	O	N	Y	X	R	N	E	E	I	O	U	E	E
U	L	A	P	O	R	E	P	S	A	J	L	B	N
A	L	T	S	Y	H	T	E	M	A	X	D	I	Y

Topaz
 Emerald
 Kunzite
 Aquamarine
 Onyx
 Azurite
 Citrine
 Sapphire
 Amethyst
 Jasper
 Diamond
 Pearl
 Ruby
 Garnet
 Tanzanite
 Peridot
 Jade
 Opal



Passionate



Empowering



Sustainable



Creative



Equal



Peter's Intriguing Work

Hi everyone, a few words in praise of the **Brighter Futures** art classes, run by **Chris Oldham**.

Tuesdays and Thursdays, no defined term time, 11:00 am start for approximately two hour sessions. I joined about seven months ago, started off doing what equated to a child's drawing. In the time since I have been copying internationally famous artists for the last six months.

Chris sets the bar high, you keep up in your own time and space with no judgement, no high or low marking, and no pass or fail stuff you can participate at your leisure.

For me, total escapism, I don't think about anything else whilst taking part and am roughly doing about 7 hours a week now, it's hard to put the brushes down some days.

I cannot stress strongly enough - join us, it's great!

Peter

If you would like to take part please email chris.oldham@brighter-futures.org.uk or speak to your support worker.



The **Burslem Community Camera Club** have been safely documenting the beautiful Burslem Park in the months before the current lockdown. The project is designed to build community engagement, and to document the stories, and the park itself. Photography is a social recreation, and we have used this to combat isolation throughout this challenging period of time. If you want to get involved with this project please get in touch using daniellyttleton@hotmail.co.uk



Passionate



Empowering



Sustainable



Creative



Equal

Find
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
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

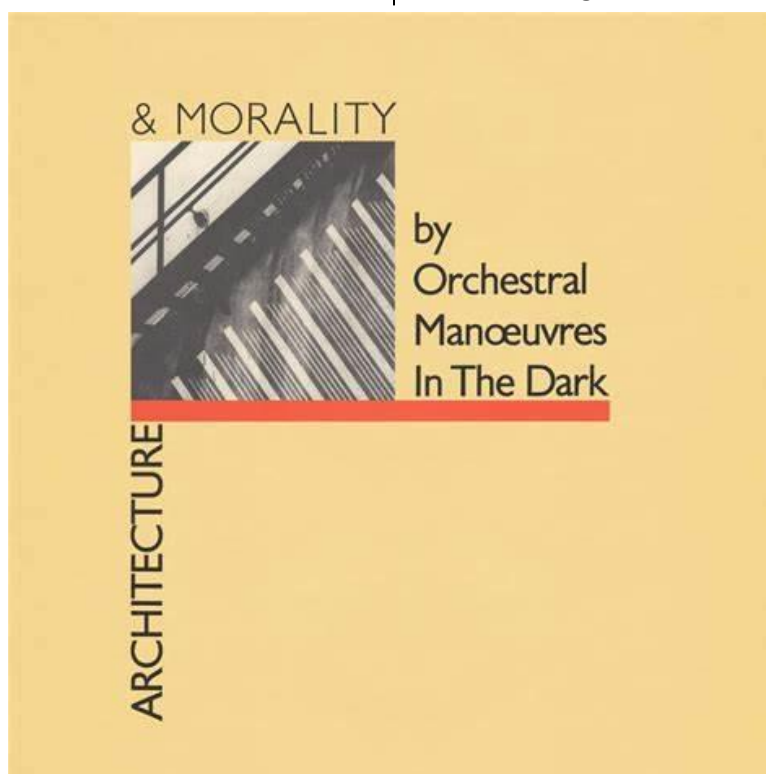
Early Electronic Musical Instruments (Part II)

In our last issue I looked at electronic music from 1920 to 1976. Here I will bring the story up to date and also look towards the future.

when the album *Oxygene* sold an estimated twelve million copies. Astonishingly the album was recorded using a makeshift studio in his own home.

Jarre would later go on to become a pioneer of large outdoor electronic spectacles with vast laser displays, large projections and fireworks. Two notable early concerts were in his home town of Lyon and London. In Lyon eight hundred thousand came to Jarre's concert to celebrate the visit of Pope Jean-Paul II in 1986. At the 1988 Destination Docklands performance an estimated two hundred thousand were in attendance.

Also in the 1980s Greek musician Vangelis entered the



In France a young Jean-Michel Jarre became a major success

electronic music scene. Firstly winning an Academy Award



Passionate



Empowering



Sustainable



Creative



Equal

with the score to Chariots of Fire in 1981. Then gaining great acclaim for the soundtrack to Blade Runner the following year.

The 1980s also gave us Electro-Pop. Stand-out bands were The Pet Shop Boys, Depeche Mode and Orchestral Manoeuvres in the Dark.

Chill out music Trip-Hop was invented in the UK in the '90s. A soundtrack for rainy afternoons, Portishead and Massive Attack were two of the best.

By the year 2000, Dubstep was popular in many nightclubs. Best described as music with an intelligent mix of broken electro beats; American producer Skrillex was an early pioneer.

Daft Punk are a French electronic music duo of note. They first became popular in the late 1990s, always commercial yet also individual. Check out their song Contact featuring actual NASA mission control recordings and electro-synth.

With the birth of home studios and electronic instruments music making has now become much easier and will continue to do so into the future.

However for any budding musicians wanting to join a band will still have to endure years of practice on their

chosen instrument before becoming proficient.



Breathing can transform your life.

If you feel stressed out and overwhelmed, breathe. It will calm you and release the tension.

If you are worried about something coming up, or caught up in something that already happened, breathe. It will bring you back to the present.

If you are discouraged and have forgotten your purpose in life, breathe. It will remind you about how precious life is, and that each breath in this life is a gift you need to appreciate. Make the most of this gift.

If you have too many tasks to do, or are scattered during your workday, breathe. It will help bring you into focus, to concentrate on the most important task you need to be focusing on right now.

If you are spending time with someone you love, breathe. It

will allow you to be present with that person, rather than thinking about work or other things you need to do.

If you are exercising, breathe. It will help you enjoy the exercise, and therefore stick with it for longer.

If you are moving too fast, breathe. It will remind you to slow down, and enjoy life more.

So breathe. And enjoy each moment of this life. They're too fleeting and few to waste.



Gordon's Igloo

The winter of 1962-63 was known as the Big Freeze and was one of the worst in UK history. I was only six at the time and so don't remember much.

But as a child, winters were more severe than the ones we experience now. There were heavy snowfalls leading to icy roads and pavements.

Sometimes after a large fall of snow, thawing would begin before re-freezing and leaving dangerous ridges of ice in the roads and pavements.



Passionate



Empowering



Sustainable



Creative



Equal

I also remember well the snow drifting on windy days. Many a morning after a heavy fall, people would have to shovel the snow away from their front door before they could leave home.



I had a friend, Gordon whom I saw most days. Like most kids a heavy fall of snow was greeted with great excitement by the two of us. As long as the snow was wet enough making snowmen and snowballing was always a must. My favourite winter memory of my childhood occurred after a particularly heavy fall. Gordon had a very large back yard, and his dad had used a large spade to pile it all up against a wall.

One of us had an idea maybe we could tunnel our way into it? The pile had stood there for several days and so was very hard. Gordon had a small spade so we started to dig our way in. We were pleased that the hole kept its shape. This was going to be much better

than we ever thought, maybe if we made the hole large enough one of us could climb in? After much digging, Gordon was able to enter and finish the rest of the hole. Even though it would only

accommodate one of us we were both surprised how warm it was. For reinforcement we found some old plywood for the ceiling and walls.

The weather stayed cold for a while longer and so our igloo provided us with plenty of fun. Happy Days.

Quiz Answers

General knowledge quiz answers

1. Monty Python's Flying Circus
2. Eric Clapton, Jeff Beck, Jimmy Page
3. France, Spain and Morocco
4. Bow Street, Marlborough Street and Vine Street

5. (i) Exeter (ii) Truro (iii) Taunton (iv) East Sussex - Lewes, West Sussex - Chichester (v) Aylesbury not Buckingham
6. Toy Story in 1995
7. At 243,000 km Canada is the country with the longest coastline
8. C785AD by Offa, King of Mercia
9. The Tasmanian Devil
10. Batman, Spiderman, Zorro, Captain America and of course Wonder Woman
11. The US Masters (held in April), US Open (June), The Open Championship (The only non-US tournament. Held in the UK in July) and lastly the PGA Championship (Augusta)
12. Venezuela, or to give its full name The Bolivarian Republic of Venezuela, was named after Venice
13. Sir Norman Everage until his death in 1988
14. MP3 is short for MPEG-1 Audio Layer 3, which itself stand for Moving Pictures Expert Group. So technically it stands for Moving Picture.
15. 2-3-4-5-7, not of the same suit
16. The symbols are respectively (i) Au (from the Latin Aurum), (ii) Ag (Latin Argentum), (iii) Hg (Latin-Hydrargyrum), (iv) Pb (Latin-Plumbum) and finally (v) K (Latin- Kalium)
17. They are The Red Arrows, the RAF display team
18. The performers were (i) Tom Jones, (ii) Lulu (iii) Rita Coolidge



Passionate



Empowering



Sustainable



Creative



Equal

- (iv) Garbage and (v) Jack White/Alicia Keys
19. Sheriff Pat Garrett
 20. Rex Harrison
 21. The Hague
 22. Robert Burns
 23. A trapezium
 24. Wellington, New Zealand although Ushuaia the regional capital of Tierra del Fuego is the southernmost city
 25. Reykjavik in Iceland with Hammerfest in Norway being the northernmost City

Name the brand quiz answers

1. Finish dishwashing tablets
2. Cadbury's Dairy Milk
3. Lucozade
4. Mr. Kipling
5. Pepsi Cola
6. Red Bull
7. Walker's Crisps
8. Whiskas
9. Uncle Ben's Rice
10. Pringles
11. Pedigree Chum
12. McCain Chips
13. Kit-Kat
14. Dolmio sauces
15. Birds Eye
16. Andrex toilet tissue
17. Coca Cola
18. John West
19. Maltesers
20. Nescafe
21. P G Tips
22. Weetabix
23. Warburton's bread
24. Schweppes
25. Muller yogurt
26. Lurpak

27. Persil
28. Tetley tea
29. Heinz Baked beans
30. Cathedral City Cheese

Romantic movie quiz answers

1. Ghost
2. La Traviata
3. Celia Johnson
4. La La Land
5. Tokyo
6. James Cameron
7. West Side Story
8. Margaret Mitchell
9. Emilia Clarke (Daenerys Targaryen)
10. Jennifer Grey
11. Emma Watson
12. Boris Pasternak
13. Serious burns
14. A Leopard
15. Second-hand books
16. Breakfast at Tiffany's
17. When Harry Met Sally
18. The Psychedelic Furs
19. A trans-Atlantic liner
20. The Taming of the Shrew.



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

The little things?
The little moments?
They aren't little.

Jon Kabat-Zinn

The present moment is the only time over which we have dominion.

Thích Nhất Hạnh

Everything that has a beginning has an ending. Make your peace with that and all will be well.

Jack Kornfield

Mindfulness is a way of befriending ourselves and our experience.

Jon Kabat-Zinn



This month in the audio edition, listen to the Primitive's song 'Crash' sung by Toni Kalvans and Mark G and to 'On my own' from the musical 'Les Miserables' sung by Toni Kalvans.



Passionate



Empowering



Sustainable



Creative



Equal

The songs were recorded by Nomis Industria.

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



Charlotte's photograph of the American Clubhouse which she used to make this month's mindful colouring picture.
Pic: By Charlotte.



Just Heavenly

The Vicar of Dibley Returned at Christmas - Here are 10 facts.

- 1 The Vicar of Dibley was first shown on the 10th of November 1994 on BBC One.
- 2 The show was created by Richard Curtis who wrote it with Paul Mayhew-Archer.
- 3 They consulted a real-life female Anglican priest, Joy Carroll to ensure the sitcom was true to life.
- 4 The fictional village of Dibley is Turville in Bucks, also used for Foyle's War and Marple.

5 Several celebrities made cameo appearances including Terry Wogan, Sean Bean and Kylie Minogue.

6 The Vicar of Dibley's theme music is a setting of Psalm 23 composed by Howard Goodall.

7 The show was known for its closing scene, which saw Geraldine tell a joke to Alice that she was unable to get.

8 The show has received multiple comedy awards including two Emmys.

9 There is a stage play based on the show that performed to sell out crowds in 2004.

10 Finally Dibley was voted third in a BBC poll of Britain's best sitcoms.

Riddles

Questions

- 1 Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday or Sunday?
- 2 I come in different shapes and sizes. Some parts of me are curved, other parts are straight. You can put me anywhere you like but there is only one right place for me. What am I?
- 3 Can you write down eight '8s' so they add up to one thousand?
- 4 Who spends the day at the window, goes to the table for meals and hides at night?
- 5 A man pushes his car. He stops in front of a hotel and at this very moment he goes



Passionate



Empowering



Sustainable



Creative



Equal

bankrupt. How is this possible?

Answers

- 1 Yesterday, today, tomorrow
- 2 A jigsaw puzzle piece
- 3 $888 + 88 + 8 + 8 + 8$
- 4 A fly
- 5 The man is playing Monopoly.

Jokes

- 1 I woke up this morning to find that someone had dumped a load of LEGO bricks on my doostep... I don't know what to make of it.
- 2 Nine months isn't really that long. It just feels like a maternity.
- 3 I'm reading a great book about lubricants. It's non-friction.
- 4 Why did the French football team keep scoring own goals? Toulouse
- 5 My wife left me because of my obsession with walkie-talkies, saying, 'It's over'. I replied, 'It's what? Over'.
- 6 I showed up at the weekly kleptomaniac anonymous meeting. But all the seats were already taken.
- 7 The shortest sentence is, 'I am'. The longest sentence is, 'I do'.
- 8 My friend recently quit his job to pursue a career in miming. I haven't heard from him since.
- 9 A storm blew away 25% of my roof last night. Oof!

10 No bragging but I made six figures last year. So they named me worst employee at the toy factory.



Quick Quiz Pop Duos

- 1 Which duo topped the UK and US charts in 1965 with "I Got You Babe"?
- 2 What are the first names of Simon and Garfunkel?
- 3 What was the surname of 80's duo Mel and Kim?
- 4 What were the first names of the husband and wife R&B duo of Womack and Womack?
- 5 What are the names of the two members of Wham!?
- 6 Which single was the Pet Shop Boys first UK number one hit?
- 7 Bill Medley and Bobby Hatfield became which famous "Brothers"?
- 8 Who left Bronski Beat to form The Communards?
- 9 For what hit record are the duo Paul and Paula best known?

10 Which duo topped the US charts in 1963 with "Surf City"?

- 11 According to the Rock and Roll Hall of Fame who were the most successful soul duo?
 - 12 Who had a hit in the 1960s with "Lovers of the World Unite"?
 - 13 Who did George Michael duet with on the 1987 world-wide hit "I Knew You Were Waiting (For Me)"?
 - 14 Which duo made a cover of Frank & Nancy Sinatra's hit "Something Stupid" in 2001?
 - 15 Who did Paul McCartney duet with on "Ebony and Ivory"?
 - 16 Which duet with Michael Jackson gave Paul McCartney a US number one in 1983?
 - 17 Who combined with Donna Summer on the 1979 classic "No More Tears (Enough is enough)"?
 - 18 Who joined with pop duo The Eurythmics on the 1985 hit "Sisters Are Doin' It for themselves"?
 - 19 With whom did Marvin Gaye duet on the 1967 hit "Ain't No Mountain High Enough"?
 - 20 Which duo were "solid" in the charts of 1984?
- Answers in the next issue of EXTRA!

STOP PRESS

Fantasy football results-
Inter-Toto Cup
Stoke C 5-5 Red Star B
Inter Milan 7-8 Port V
Juventus 2-3 Crewe A



Passionate



Empowering



Sustainable



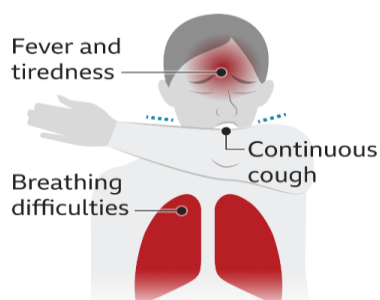
Creative



Equal

What are the symptoms of COVID19?

And what should I do if I feel unwell?



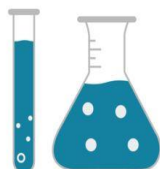
If you live with someone who has a 'new continuous' cough or high temperature, stay at home for 14 days in case symptoms develop



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.



Passionate



Empowering



Sustainable



Creative



Equal

Valentine's Day (Clubhouse Friendship Day)

There are many explanations as to why we celebrate St Valentine.



Some say the day took its name from a priest St. Valentine who was martyred about 270 CE by Emperor Claudius II Gothicus.

It is believed the priest signed a letter 'from your Valentine' for his jailer's daughter, whom he had befriended and healed from blindness.

It is also said that he defied the emperor's orders and secretly married couples to spare the husbands from war because the emperor declared that single men made better soldiers.

It is for this reason that his feast day is associated with love.

He is also the Patron saint of Epileptics and Bees.

What is a Martyr?

Someone who affirms rather than denies his religion by words or deeds.

Valentine's Day was not considered romantic until the 14th century when Geoffrey Chaucer wrote the poem 'The Parliament of words'

Although most people consider Valentine's Day to be associated with love and romance, it's also associated with the advent of spring.

In Slovenia Zdravko is one of the Saints of spring.

He is the Saint of good health and patron of pilgrims and beekeepers.

In Estonia, Valentines is called Friends day. People exchange cards and gifts among friends with a cheery 'Happy friends day'

In Norfolk 'Jack Valentine' knocks at the rear door of houses leaving sweets and presents for children.



It is said that St. Valentine blesses the plants and flowers that begin to grow on this day. It was also traditionally the day when work began in the fields and vineyards.

Birds are also said to propose to each other and marry on this day.



HAPPY FRIENDSHIP DAY



Passionate



Empowering



Sustainable



Creative



Equal

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

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

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

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



Passionate



Empowering



Sustainable



Creative

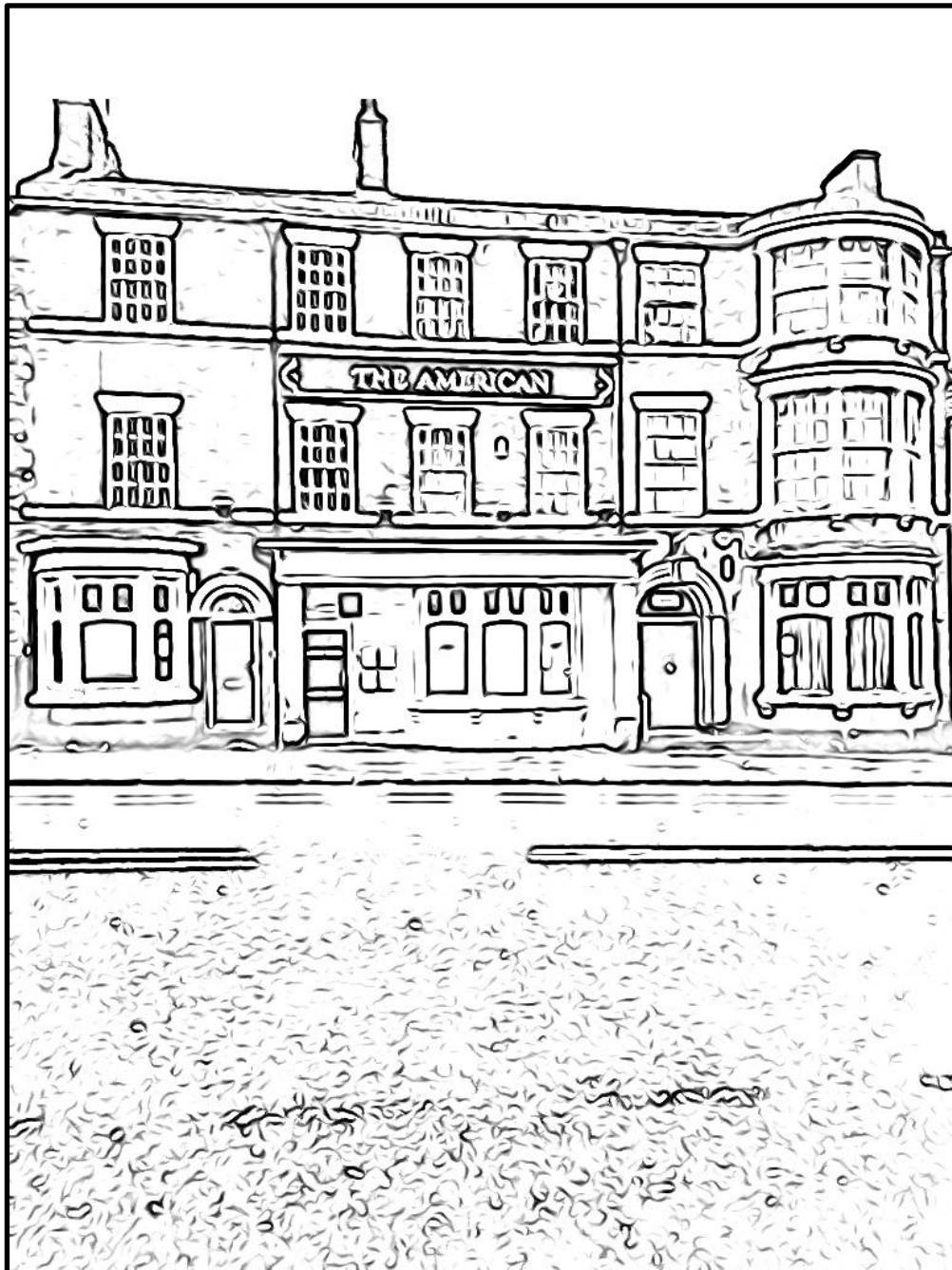


Equal

Mindful Colouring

23

Express yourself in colour with this mindfulness colouring picture.
Colour this in and we will publish the ones we like in the Newsletter.
This month colour in this Image of the American created by Charlotte.



Passionate



Empowering



Sustainable



Creative



Equal



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

Extra.



brighter futures
creative support, housing and employment