

Though our buildings  
are closed, the  
Clubhouse community  
remains engaged

---

American Clubhouse  
colouring pull out

## Newsletter Extra #6

Hello everyone and welcome to this issue of the Newsletter. This time, quizzes on general knowledge and former Prime Ministers. Enjoy some mindfulness colouring and dot-to-dot. Finish a colouring page then send it to us and we might show it off in the Newsletter.

Did you ever visit Pontin's or Butlin's? Read about Pontin's holidays as told by Howard.

The biggest band of all time? MusicMan tells us about his liking for the Fab Four.

In Pet's world, Diane writes about her new adopted dog Spice in Part 2 of her story.

Read about May celebrations around the world.

Have fun and learn new things by trying the virtual sessions promoted in this issue.

Everyone at the Newsletter hopes that you enjoy reading this issue.

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Front Cover: New York, NY. USA

### Have fun with these Sudoku Puzzles!

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

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

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



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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**

# Have a go at this general knowledge quiz

4

**1. In which city can you find the Liberty Bell?**

- a. Washington, D.C.
- b. Boston
- c. Philadelphia
- d. Manhattan

**2. In Pirates of the Caribbean, what was Captain Jack Sparrow's ship's name?**

- a. The Marauder
- b. The Black Pearl
- c. The Black Python
- d. The Slytherin

**3. According to Forrest Gump, 'life was like...'**

- a. A bag of lemons
- b. A handful of roses
- c. A lollipop
- d. A box of chocolates

**4. Linda and Bob from Bob's Burgers have 3 kids. Which one of these characters is not one of them?**

- a. Louise
- b. Gene
- c. Jimmy
- d. Tina

**5. The British band One Direction was made up of Harry, Louis, Niall, Zayn, and...**

- a. Paul
- b. Callum
- c. Kevin
- d. Liam

**6. What is the rarest blood type?**

- a. O
- b. A
- c. B
- d. AB-Negative

**7. Holly Golightly is a character in which film?**

- a. Breakfast at Tiffany's
- b. Pretty In Pink
- c. Brazil
- d. Singing In The Rain

**8. In The Wizard of Oz, the Tin Man wanted to see the Wizard about getting...**

- a. A brain
- b. An oil can
- c. A dog
- d. A heart

**9. Which U.S. state is known as the sunflower state?**

- a. Florida
- b. California
- c. Maine
- d. Kansas

**10. Which one of these characters isn't a part of the Friends group?**

- a. Rachel
- b. Joey
- c. Gunther
- d. Monica



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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-19 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 call 01782 262100 or email [reception@nsmind.org.uk](mailto: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](http://www.staffsandstokewellbeing.nhs.uk)

## Adult Instant Messenger Service

Confidential online support service

Every weekday 10am -1pm; 2-4 pm.

Access via our website homepage: [nsmind.org.uk](http://nsmind.org.uk)

## 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. Contact our Housing Project Manager at [housing@nsmind.org.uk](mailto: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

**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 service for young people across Stoke-on-Trent. Available at [www.speakupspace.org.uk](http://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 more details about all our services, please call 01782 262100 or email [reception@nsmind.org.uk](mailto:reception@nsmind.org.uk)*

**For the latest information about our services visit [www.nsmind.org.uk](http://www.nsmind.org.uk) or follow us on Facebook @NorthStaffsMind**

# How is your history?

## Name these Prime Ministers?



## Picture quiz!



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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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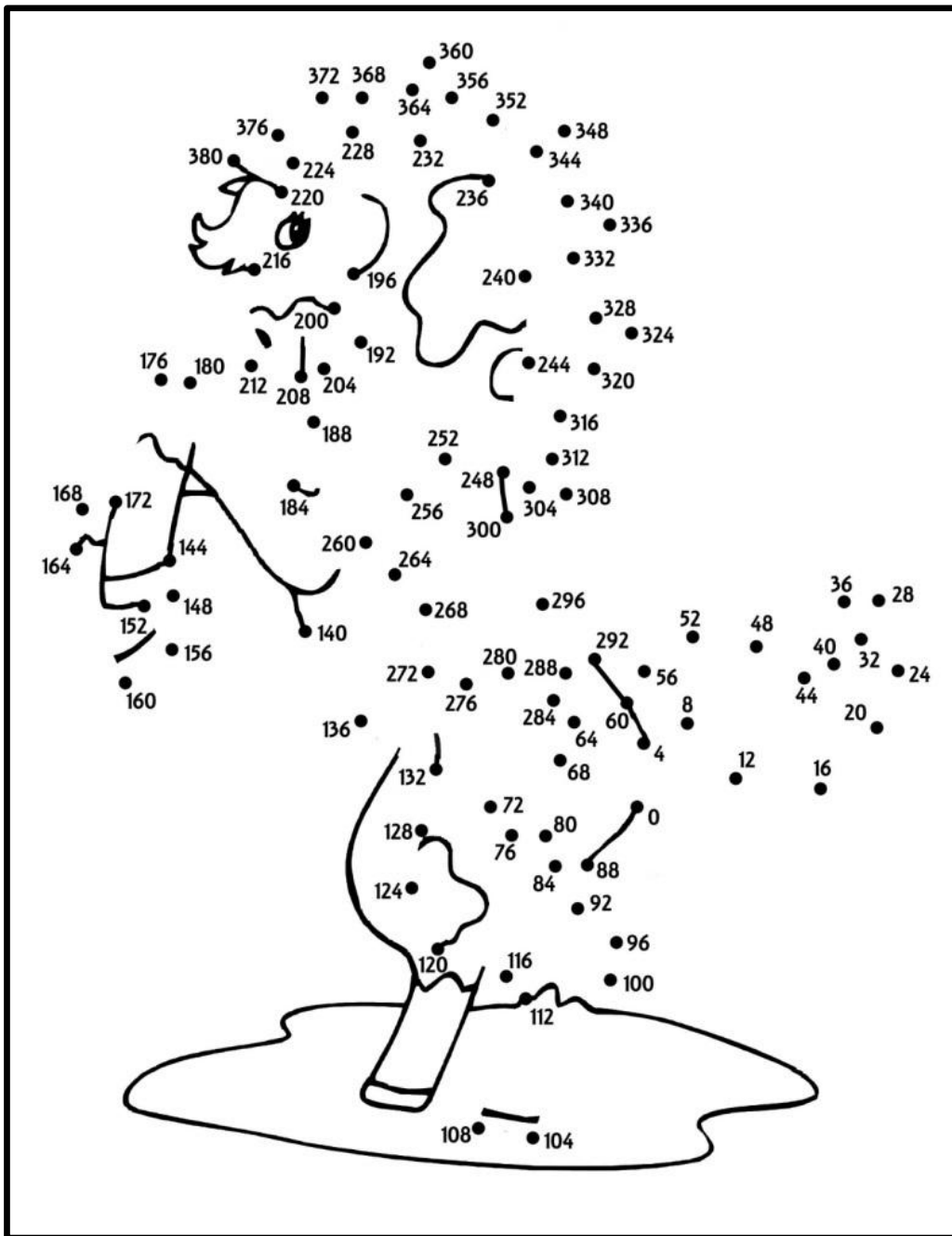


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If you have enjoyed colouring these images then why not get yourself a colouring book aimed at adults. Some of the books are very beautiful in themselves being made from fine paper and using high quality printing. You will find books at most newsagents,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



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Times	<b>The Clubhouse Network</b> <b>Virtual Sessions</b> using the <b>Microsoft TEAMS App</b>
<b>Monday</b> <b>3pm</b>	<b>Social Session</b> For an invite please email:- <a href="mailto:jacqui.parker@brighter-futures.org.uk">jacqui.parker@brighter-futures.org.uk</a>
<b>Tuesday</b> <b>11am</b>	<b>Art Session</b> For an invite please email:- <a href="mailto:chris.oldham@brighter-futures.org.uk">chris.oldham@brighter-futures.org.uk</a>
<b>Wednesday</b> <b>10:30am</b>  <b>3pm</b>	<b>Craft Session (starts 03.02.21)</b> For an invite please email:- <a href="mailto:angela.henshall@brighter-futures.org.uk">angela.henshall@brighter-futures.org.uk</a>  <b>Social Session</b> For an invite please email:- <a href="mailto:maggie.hunter@brighter-futures.org.uk">maggie.hunter@brighter-futures.org.uk</a>
<b>Thursday</b> <b>11am</b>  <b>2pm</b>	<b>Photography Session</b> For an invite please email:- <a href="mailto:chris.oldham@brighter-futures.org.uk">chris.oldham@brighter-futures.org.uk</a>  <b>Walking Groups in Longton / Hanley / Tunstall</b> Speak to your support worker for more information
<b>Friday</b> <b>1pm</b>	<b>Social Session and Quiz</b> For an invite please email:- <a href="mailto:chris.morgan@brighter-futures.org.uk">chris.morgan@brighter-futures.org.uk</a>
<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

## Singers with One Name

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

MADONNA  
DIDO  
ENYA  
PITBULL  
AALIYAH  
AKON  
BONO  
USHER  
MOBY  
YAZZ  
DUFFY  
EMINEM  
ADELE  
BEYONCE  
SEAL  
TIMBALAND  
SHAGGY  
STING  
LUDACRIS

## The Muppets

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

SWEDISH CHEF  
WALTER  
STATLER  
WALDORF  
MISS PIGGY  
CLIFFORD  
BOBO  
MUPPETS  
OSCAR  
GONZO  
ELMO  
BIG BIRD  
BEAKER  
ROWLF  
FOZZIE BEAR  
KERMIT  
RIZZO  
PEPE  
SCOOTER



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## Clubhouse activities in the past month



Ducks visiting Chris



Steve's 5D Diamond art



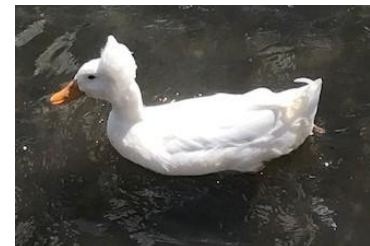
The walking group



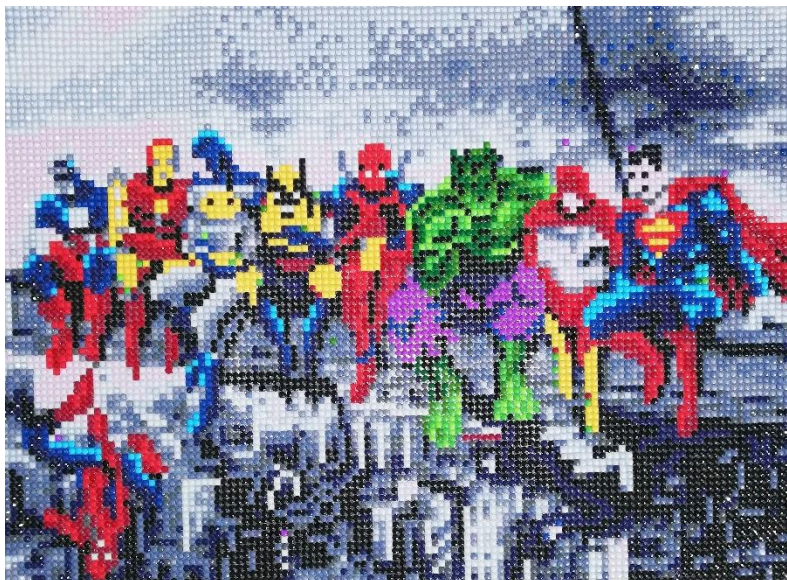
Ali channelling Paul Klee



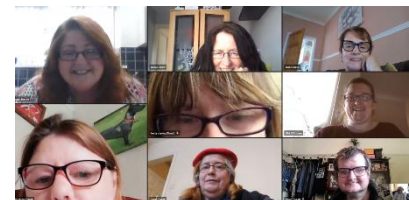
Walking group  
litter picking



The Hanley walking  
group have named  
this duck Boris



Steve's Avengers



The quiz group



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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](mailto: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

## **Artists of the month** **The Beatles**

**M**y association with **The Beatles** and their music began at an early age. My mum would always have the radio on and her favourite station the **Light Programme** featured every **Beatles single on release**.

To this day I still remember the first time I heard songs like *She Loves You*, *I want to Hold Your Hand*, *Help*, and *Twist*

records that I wanted. Luckily for me, mum was also a fan of the Fab Four and so helped me to build up my collection.

For most of the 1960s The Beatles could do no wrong and conquered the world. They were handsome boys who wore smart suits with matching mop-top haircuts. A big change for the group came in 1967 with *Sergeant Pepper's Lonely Hearts Club Band*.

They had grown tired of performing to mainly large venues of screaming girls and so took a long break to spend more time in the studio. This enabled them to experiment with brass, orchestra, sitar and many other instruments. This would be the first time the band wouldn't have to perform any of the songs on tour, so they wrote with complete freedom and brilliance, meaning that for



and *Shout*.

So when I acquired my first small mono record player the Beatles singles were the first

many music critics *Sergeant Pepper's* is still one of the best albums ever made.



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Unfortunately I was too young to see The Beatles perform live but a few years ago I did see The Bootleg Beatles perform in Hanley. Even though they are a tribute band they have performed in forty countries and played over four thousand shows. In the first half of the concert they played all the early songs from the first single Love Me Do onwards.

As well as the music they had a large screen behind them, black and white TV adverts from the 1960s were projected, greatly adding to the atmosphere.

After the interval the boys returned with longer hair and Sergeant Pepper style suits. Accompanied by an orchestra they played most of Sergeant Pepper's and other later songs including Let It Be and Hey Jude.

The Bootleg Beatles return to play Buxton in April 2022 and I will be certain to buy a ticket.

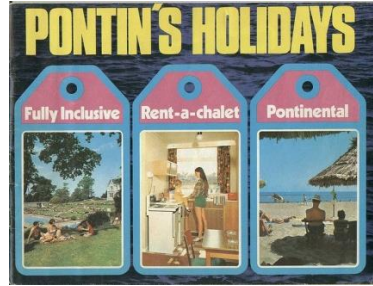
*MusicMan*

## Pontin's Hi-De-Hi

**In 1936 William 'Billy' Butlin founded his first holiday camp. Because of his own dismal experiences of mundane and cramped boarding houses he wanted to create a kind of fantasy world, affordable to the working man.**

Billy had the clever idea of an all-in holiday, so once holiday

makers had booked their holiday



they were promised four good meals per day and free tennis, bowls, swimming, dancing, concert parties, boating and a licensed club. Guests would also be given their own chalet with electric lights, carpeted floors, running water, bath, and toilet.

Butlin's main rival in the holiday camp market was Fred

went on to bigger and better things. Famous Red Coats include Jimmy Tarbuck, Des O'Connor and Ted Rodgers. Notable former Blue Coats are Shane Richie, Lee Mack and Bradley Walsh.

As children my sister and I always wanted to go on a Butlin's holiday. The problem was our nearest site was Pwllheli, not an easy place to get to as our family didn't own a car.

Finally, in the summer of 1975 as teenagers our wish came true, but to the much nearer camp in Morecombe owned by Pontin's rather than Butlin's.



Pontin whose first site was built at Brean Sands in Somerset, also in 1936.

Whatever the weather the main idea of a holiday camp was to give every holiday maker as much to do as possible. For this, very versatile staff were employed, called Red Coats at Butlin's and Blue Coats at Pontin's. It was a good grounding and many of these entertainers

Looking back I remember the chalets being adequate although none had television sets to watch. The camp had a room with the set on the wall. The only thing I watched was some tennis as the Wimbledon Tennis Championship was on during our stay.

For meals the camp had an enormous dining hall. When everyone was seated, the Blue Coats would have us all singing



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rather silly songs before the food was served. The one I remember the most is Eviva España, with the first line Oh This Year I'm Off To Sunny Spain. As well as singing it was also compulsory to wave your napkin above your head.

My father always refused to join in every evening, much to our amusement. After many attempts the Blue Coats gave up on him.

Years later I became a big fan of the television show Hi-De-Hi. It was obvious at least one of the writers had spent time working in holiday camps. Hi-De-Hi's fictional holiday camp Maplin's had Yellow Coats rather than Red or Blue but I could identify with many parts of the show from my holiday though I never met anyone as extroverted as comedian Ted Bovis, chalet maid Peggy, or Yellow Coat Gladys Pugh.

### General knowledge Quiz Answers

1. C Philadelphia
2. B The Black Pearl
3. D A box of chocolates
4. C Jimmy
5. D Liam
6. D AB-Negative
7. A Breakfast at Tiffany's
8. D A heart
9. D Kansas
10. C Gunther

### British PMs Picture Quiz answers

1. James Callaghan

2. Harold Wilson
3. Edward (Ted) Heath
4. Alec Douglas-Home
5. Harold Macmillan
6. Anthony Eden
7. Clement Attlee
8. Neville Chamberlain
9. Stanley Baldwin
10. Ramsay MacDonald

### Last month's Quick Quiz Answers

1. Berlin
2. Austria
3. Lisbon
4. Denmark
5. Bern
6. Ankara
7. Hungary
8. Prague
9. Kiev
10. Belgrade
11. Finland
12. Slovakia



### What is Mindfulness?

**M**indfulness is the aware, balanced acceptance of the present experience. It isn't more complicated than that. It is opening to or receiving the present moment, pleasant or

unpleasant, just as it is, without either clinging to it or rejecting it.

*Sylvia Boorstein*

### This month's Mindful Moments

For what it's worth, it's never too late to be whoever you want to be. I hope you live a life you're proud of, and if you find you're not, I hope you have the strength to start over.

*F. Scott Fitzgerald*

We cannot become what we want by remaining what we are.

*Max Depree*

Mindfulness gives you time. Time gives you choices. Choices, skilfully made, lead to freedom.

*Bhante Henepola  
Gunaratana*

Nothing is worth more than this day. You cannot relive yesterday. Tomorrow is still beyond your reach.

*Johann Wolfgang von  
Goethe*



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This month in the audio edition, listen to Toni Kalvans sing You are the Reason, originally by Calum Scott.

Toni Kalvans also sings I Don't Want to by Toni Braxton.

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. For more information or telephone 07824 505538



## Local History Jollees

Although based in Longton (neck end to many Stokies) Jollees became the largest and best cabaret club in the UK.

Construction began in 1972 and cost around £200,000. The opening night was attended by 1,600 people, including England footballers' Geoff Hurst and Gordon Banks. Comedians Little and Large were the headline act with the club using a jester as its logo.



### The Three Degrees

People came from far and wide to see the stars of stage and screen, including Cliff Richard, Roy Orbison, Tommy Cooper, and Cilla Black.

Nothing from the exterior of the rather drab building over the bus station in Longton gave any clue as to what lay inside.

It was a plush wonderland with a huge auditorium containing hundreds of tables illuminated with fetching purple fabric lamps.

Food could be ordered and would always be served at the tables in baskets. Two of the favourites were chicken and chips and scampi and chips. I had a friend, Tony, who worked with me at Wedgwood but also did a few nights waiting table at Jollees. Many a morning he would arrive at work with red eyes, looking very tired because the club opened late and after closing



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the staff had to stay behind for the big clean-up.

I remember very well my first time at the club. My mum had already been with friends from work. Someone had taken a photograph of her and I could see in the background that the venue looked very posh. However as I walked in my first impression was that of feeling rather out of place, even though I had my best suit and tie on. I had never seen such decadence, especially not in Longton.

As well as being a top cabaret club, Jollees also hosted the World Professional Darts Championship from 1979 to 1985.

In the late 1980's with the decline of cabaret clubs the venue hosted many rave nights but this did not stop the financial losses and sadly the club was forced to close in 1992..

### City Snap



**A graffiti toucan,  
Picture: Charlotte**



## Place Names

**Is it Shrewsbury or Shrosbury? Here are ten place names. How would you pronounce them?**

1. Llandudno (Wales)  
Wrong: Lan-dud-no  
Right(ish): Clan-did-no  
It's a tricky question for our non-Welsh readers.
2. Leominster (Herefordshire)  
Wrong: Leo-minster  
Right: Lemster
3. Bicester (Oxfordshire)  
Wrong: Bi-ses-ter  
Right: Bister (Rhymes with sister)
4. Marylebone (London)  
Wrong: Ma-ree-lee-bone  
Right: Mar-Lee-bone
5. Cholmondeley (Cheshire)  
Wrong: Chol-mon-de-lee  
Right: Chum-lee (Much Easier)
6. Belvoir Castle (Grantham)  
Wrong: Bel-vwoir Castle  
Right: Beaver Castle (As the animal)
7. Ruislip (Greater London)

Wrong: Roo-i-slip

Right: Ry-slip

8. Mousehole (Cornwall)

Wrong: Mouse hole

Right: Mow-zel

9. Prudoe (Northumberland)

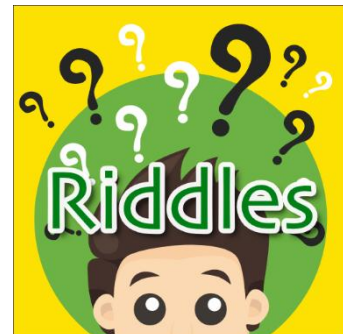
Wrong: prud-hoe

Right: Prudda (Rhymes with rudder)

10. Fowey (Cornwall)

Wrong: Fow-ee

Right: Foy (maybe the hardest)



## Questions

1. The more you take, the more you leave behind. What am I?
2. What runs around the garden without moving?
3. I have a neck with no head and two arms but no hands. What am I?
4. I make two people out of one. What am I?
5. How can you take 2 from 5 and leave 4?
6. How many sides does a circle have?
7. Walk on the living they don't even mumble. Walk on the dead, they mutter and grumble. What are they?



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8. Which three letters can frighten a thief away?
9. What letter comes next in the following sequence?  
D, R, M, F, S, L, T
10. What do an island and the letter T have in common?

## Answers

1. Footsteps
2. A Fence
3. A shirt
4. A mirror
5. 'Five' Remove the 2 letters F and E and have IV
6. Two. The inside and the outside
7. Leaves
8. ICU
9. D. Each letter represents one note in the musical scale: Do, Re, Mi, Fa, So, La, Ti, Do
10. They are both in the middle of water.

## Jokes

I just finished my 30<sup>th</sup> Marathon since lockdown. I still can't bring myself to call them Snickers.

I recently bought 51% of a vampire hunting company. I'm the main stake holder.

My wife left me because of my obsession with horoscopes. It Taurus apart.

I told my doctor I can't get the Grease Soundtrack out of my head. He said, 'Tell me more'

I said to my son, 'Mountains aren't just funny... They are hill areas'

I'm done with being a people pleaser. If everyone is ok with that?

Don't throw sodium chloride at people. That's a salt.

Do sprinters eat before a race or do they fast?

So I made a paper aeroplane that couldn't fly... ..stationary

I was given a load of dead batteries free of charge.

## How to contact the Newsletter team

You can contact the Newsletter team with content or ideas using this email address:

[news@brighter-futures.org.uk](mailto:news@brighter-futures.org.uk)

## Quick Quiz

1. From which language is the word 'ketchup' derived?
2. Which is the country with the biggest population in Europe?
3. Who portrayed Edward Scissorhands?
4. What are made and repaired by a cobbler?
5. What is an endoscope used to examine?
6. Apart from womanizing and producing films, what was the other passion of Howard Hughes?
7. What colour are the four stars on the flag of New Zealand?
8. How many states make up the United States of America?
9. Which English football team plays its home matches at Old Trafford?

10. Mr. Carson is the name of the butler in which popular TV costume drama?

Answers in next month's issue of Newsletter EXTRA

## Listen to the Newsletter

You can listen to the newsletter using the web address below:

<https://www.brighter-futures.org.uk/clubhouse-network-newsletter/>

## Jacqui's walk for Cancer Research

Jacqui finished her walking challenge to raise money for Cancer Research. Congratulations Jacqui, what a great achievement.

## Walk All Over Cancer Finisher 2021

This March

Jacqui Parker

walked a total of

541, 203

steps

raising

£112.23

for life-saving research

STOP PRESS

STOP PRESS

Fantasy football results-  
'70-'71 scorelines-  
Manchester C 1-3 Stoke C  
Wrexham 2-4 Port V  
Tranmere R 0-4 Crewe A



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## Pets' World – Diane's new dog Spice (Pt. 2)

Throughout the morning Spice slowly emerged from the cupboard to beneath the table. Eventually with lots of chicken temptation she came over to me for a fuss.

Progress was slow over the next few days but she became comfortable with me and her new surroundings.

To help I learnt a few Romanian words and phrases.

Good girl. — Fata buna

Come here — Vino amici

It's ok — We bine

Even though I had managed to persuade her to wear a collar, if touched she would immediately freeze and go into panic mode. Every new sound would frighten her, as would sudden movements. Anyone else coming into the house would result in a return to the cupboard.



After a week I decided we needed to move forward. So the cupboard door was closed and a harness introduced with the aim of walkies.

I visited the pet shop and explained my requirements. "Try this one. It's completely

escape proof." It took her ten seconds to remove, as did the next one they suggested. My neighbour who has a similar sized dog gave me two more to try but to no avail.

This time I was determined to find one. A three point tracking harness seemed to do the trick.



There was no escaping this one.

After a battle to get it on her she slumped to the floor and refused to move. It looked like we had a somewhat stubborn young lady on our hands.

After leaving it on for slightly longer each time she tolerated the harness well. Now for the lead. As soon as she saw the lead she ran and hid, this was going to be fun. I had to desensitise her to the lead. I tucked it into the top of my trousers and walked round with it like this for a few days so she saw it as a part of me and not some scary item. Next while she was sat next to me I would click it to her collar until eventually this was good too.

Walking on the lead was another story. Leaving the lead attached I would pick it up while walking round the house. This progressed to walking from the garden back into the house then round the house and garden.

Now for the next step. Into the big wide world.....



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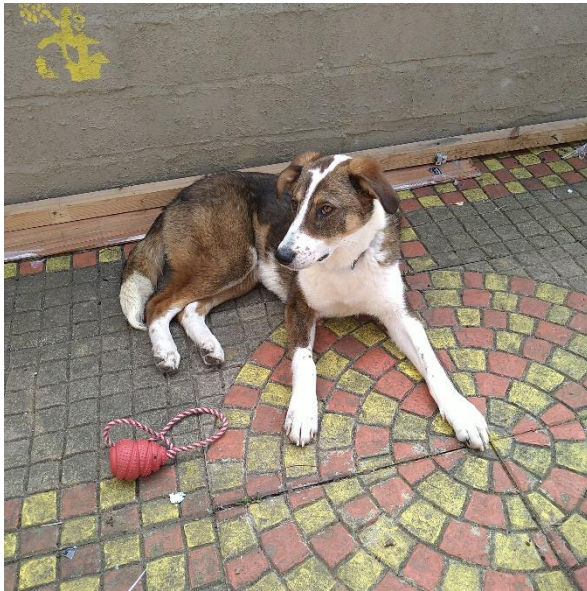


First we used an area of grass outside the gate then progressed to sitting at the side of the road watching the “scary” traffic go by. She coped with this reasonably well but would still panic and try to run if a person went past especially men.

After a few days we were getting very confident and she would ‘trot’ out to play watch the cars. However...

One day as we got to the road the postman unexpectedly came around the corner. This was too much. Spice twirled and flipped and panicked big style.

Ok I thought, we’ll just go to the bottom of the road until he’s gone. Just my luck there was a man delivering leaflets. At that point she lost; it all I could do was hold on and wait.



Although this set her back a bit she continued to progress well. Soon we were able to walk around the block. Next stage was to get her in the car. I parked round the back of the house and opened the doors. Boe jumped straight in the car Spice looked at it, thought about it, but then backed away.

The next time she put her nose in I quickly picked her up and in she went. Securely strapped in, we went for a drive. When I looked in my rear view mirror I was greeted by a big smiling face. So on we went to Apedale.

She absolutely loved it. She was completely relaxed like a different dog. She still froze if we

met other people but she otherwise loved it.

Spice has continued to make steady progress. I am so proud of her. She gets many admiring glances when we are out walking. Although she won’t let strangers come close enough to touch her, she will quite happily walk past most of the time. I have cried many tears of joy and frustration over the last six weeks but she is an amazing dog who I couldn’t love any more.



Spices’ hobbies consist of the following:

Annoying Boe (My other little dog)

Gardening... especially digging up plants and eating plant pots

Carpentry... redesigning corners of cupboards and any odd piece of wood she finds lying round.

Crafts... chewing paper, eating crochet hooks (plastic), winding wool around herself, chair, table and Boe if he happens to get in the way.

Destroying cotton reels complete with cotton.

But she’s Spice and she makes me smile every day.



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# The Merry Month of May

**The month of May is named after the Greek goddess of growth Marius.**

**For many the end of May means the end of winter and summer is just around the corner. It is seen as a special month across the World.**

May 1<sup>st</sup> is international Labour day a public holiday in many countries where workers rights are celebrated. Many Mayday festivities evolve from older celebrations often taken from Pagan and ancient religious traditions.

## **SCOTLAND/IRELAND BELTANE (Day of fire)**

Beltane is an ancient Celtic festival. In Celtic tradition Bel was the God of the sun. The festival celebrates transition from dark Winter into beautiful Summer.

Ancient Celts believed that during the Winter months the sun was taken prisoner. At Beltane to welcome the sun back they would celebrate by lighting bonfires.



## **GERMANY/ SCANDINAVIA WALPURGISNACHT**

It is believed that on this night witches would celebrate with bonfires and dancing. The locals would make as much noise as possible and light huge communal bonfires to keep the witches away. It's still celebrated today with big parties, bonfires and dressing up. A celebration similar to Halloween.

## **ENGLAND**

Since 1350ad May Day has traditionally been celebrated by dancing around Maypoles. A brightly coloured pole (traditionally a young tree would have been cut down) is placed in the middle of a village or town and ribbons attached. Children then take the ribbon and the ribbons make various patterns. The Maypole itself represents The tree of life and fertility.

In many places a May queen will be selected. She is representative of Flora or Persephone the Goddess of Spring.

In earlier days a custom was to make May Day baskets, filling them with flowers and leaving them on the doorsteps of friends and neighbours early in the morning to give them a surprise on opening the door. It is said that if you rise early in the morning on Mayday and wash your face in the early Spring dew you will have eternal beauty.



## **NAIR CAST A CLOUT TILL MAY IS OUT**

A saying many have heard. But did you know that this does not refer to the month of May but to the May blossom or the flower of the Hawthorn hedge.

The strongly smelling White blossom that can be seen all over the hedgerow or countryside is steeped in superstition.

The smell once picked is said to resemble that of the plague of London. To take the blossom into your house is said to be unlucky bringing a bad summer or even worse some believe death.

It's the only flower that is named after the month it blooms in which is usually the middle of May.

In England May was believed to be the month of three milkings. This meant you could milk your cows three times a day.

There's a Cornish superstition that buying a new broom in May, or even washing blankets is unlucky.

It's said that people born in May are more successful in life and experience more love. Their birthstone is the emerald. The emerald is a type of stone called a beryl it can be anything from deep sea green to a lighter colour. They are a symbol of fertility and rebirth.

**Today, May might bring an end of more lockdown restrictions and a sign of better days to come.**



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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](http://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](http://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.

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## Sudoku – Solutions

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

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

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



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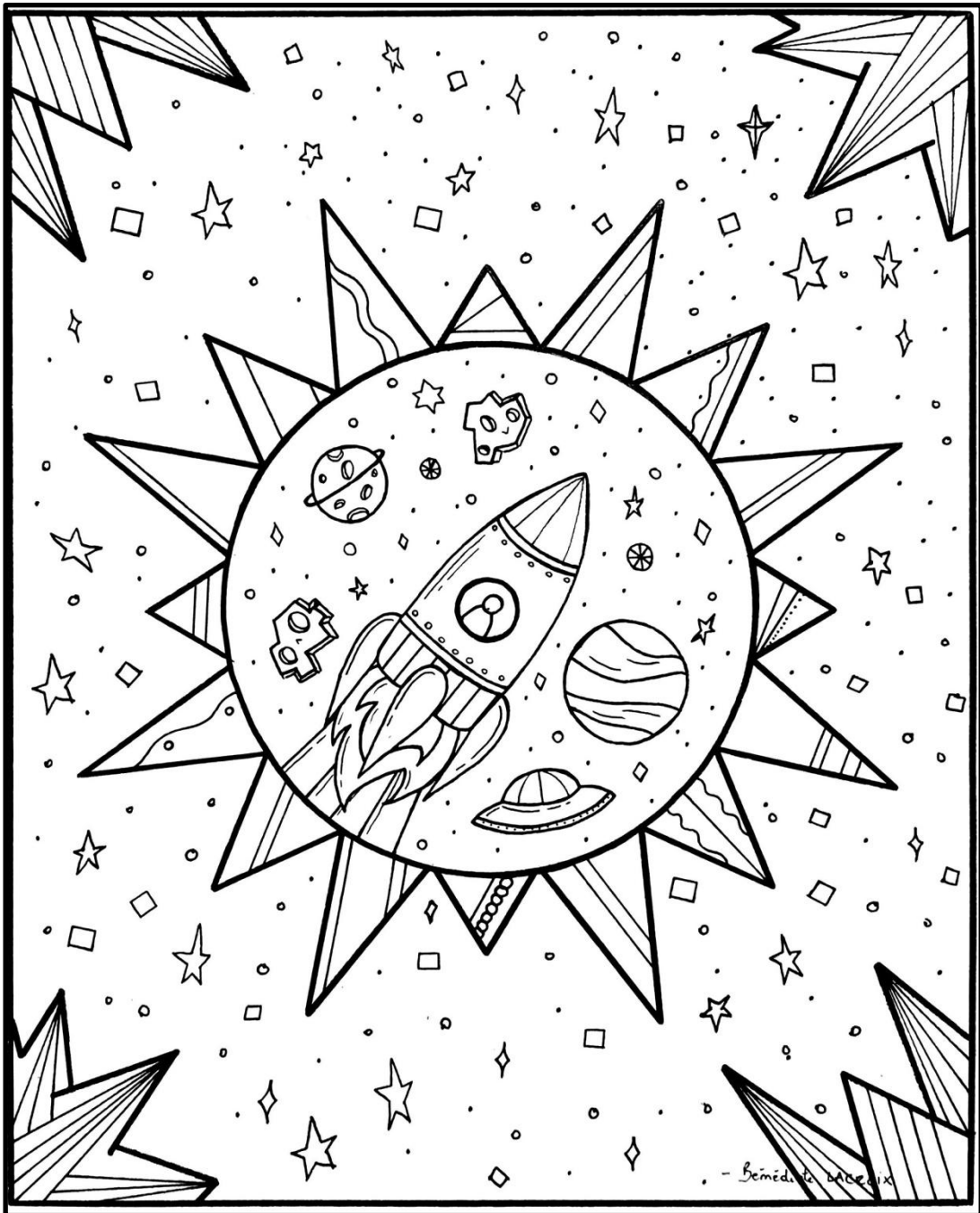


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## Mindful Colouring

23

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



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

# Extra.



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