



Though our buildings  
are closed, the  
Clubhouse community  
remains engaged

## Newsletter Extra #7

Hello everyone and welcome to this issue of the Newsletter. This time, quizzes on general knowledge and international football kits. As ever there are some mindfulness colouring and dot-to-dot pictures to test out your artistic skill.

Did you ride on the 'Knotty'? The story of the Loop Line is recounted by Howard.

MusicMan reviews Paul Weller's album Fat Pop.

In Pet's World, Diane gets lost in Bradwell Woods with Spice and Boe.

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: Flower by Charlotte

### Have fun with these Sudoku Puzzles!

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

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

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



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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. How many bones are there in the human body?**

- a. 206                      c. 201
- b. 205                      d. 209

**2. Which famous singer released a song called “Adore You”?**

- a. Harry Styles    c. Halsey
- b. Dua Lipa        d. Shawn Mendes

**3. Fe is the chemical symbol for?**

- a. Zinc                      c. Fluorine
- b. Hydrogen              d. Iron

**4. How old do you have to be to enter the hunger games?**

- a. 12                      c. 10
- b. 11                      d. 15

**5. What language is the most spoken worldwide?**

- a. Chinese              c. Arabic
- b. Spanish              d. English

**6. In which year was Barbie first released?**

- a. 1958                      c. 1956
- b. 1959                      d. 1961

**7. What is Shakespeare’s shortest tragedy?**

- a. Macbeth              c. Romeo & Juliet
- b. Hamlet                d. Othello

**8. What is the #1 cookie in the United States?**

- a. Chips Ahoy!              c. Girl Scout Thin Mints
- b. Milano                      d. Oreo

**9. Trivia Question: How many hearts does an octopus have?**

- a. 1                          c. 3
- b. 2                          d. 4

**10. Who wrote The Scarlett Letter?**

- a. Shakespeare              c. Nathaniel Hawthorne
- b. Stephen King              d. Ernest Hemingway



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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**

# Know your football?

## Name these International Kits



1.



2.



3.



4.



5.



6.



7.



8.



9.



10.



11.



12.

## Picture quiz!



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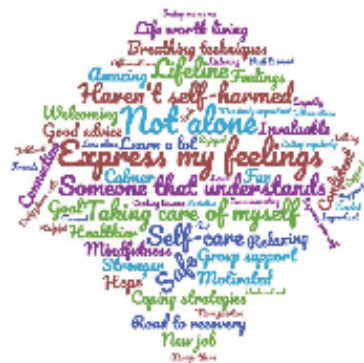


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# Self-harm Support and Recovery service



JH Research

## Why did we take action?



Self-harm is a strong predictor of suicide



COVID-19 may exacerbate psychological distress

Engage with people who fall through the gaps



Provide support for people living with self-harm or suicidal thoughts

## What did we do?

### 3 tier non-clinical intervention

1



Structured, professional 1:1 support (6 sessions), develop recovery plan

2



Self-refer to structured workshops, therapeutic activities, social groups

3



Out of hours support; telephone support calls (2 weeks)



Adapted to pandemic

## What has the impact been?



80% engagement rate



93% reduction in self-harm



43% reduction in suicidal thoughts



Positive changes (e.g. self-care; relationships)

Staffordshire and Stoke on Trent ICS

# Suicide Prevention Community Champions Overview

The effects of suicide reach into every community across England, and can have a devastating impact on families, friends, neighbours, colleagues and others. Unfortunately both locally and nationally there has been an increase in deaths by suicide compared to previous years; it is undoubtable that the COVID19 global pandemic will have exacerbated these figures. Each one of these deaths is a tragedy. Suicide prevention remains a national priority. Brighter Futures are proud to be collaborating with Staffordshire Sustainability and Transformation Partnership - Together We're Better and the **#TalkSuicide** campaign to bring individuals, organisations and businesses together to help prevent suicide in Staffordshire and Stoke-on-Trent.

NEVER LET  
a STUMBLE  
in the ROAD  
BE THE  
END OF YOUR  
JOURNEY

Brighter Futures have launched a new grassroots project called Suicide Prevention Community Champions. We believe by bringing people together, the small things we all do, can make a big difference. Our aim is to help prevent suicide across our county and in turn help save lives. We aim to achieve our mission by tackling high frequency locations and working within six specific area locations to help prevent suicide. We believe suicide can be prevented through open and direct conversations. We call this approach

Real Talk. We want to make it easier for people to talk about suicide and know how to respond to an individual who is experiencing suicidal ideation.

Just when the caterpillar  
thought the world was over,  
it became a butterfly. The  
moment you're ready to quit  
is usually the moment right  
before a miracle happens.  
Don't give up.



Talking about our mental health can at times feel uncomfortable and people often report a lack of confidence in knowing how to instigate a conversation with a person they feel may be at risk. We will be working with Champions within our communities to increase awareness about the myths, facts and statistics around suicide and provide them

#TALK  
SUICIDE

with an opportunity to access suicide prevention training. Our Community Champions play a pivotal role in working with members of the community to share suicide prevention messages, raise awareness of the signs of suicide risk, and encourage open and honest conversations along with promoting help seeking and providing information on a source of support.



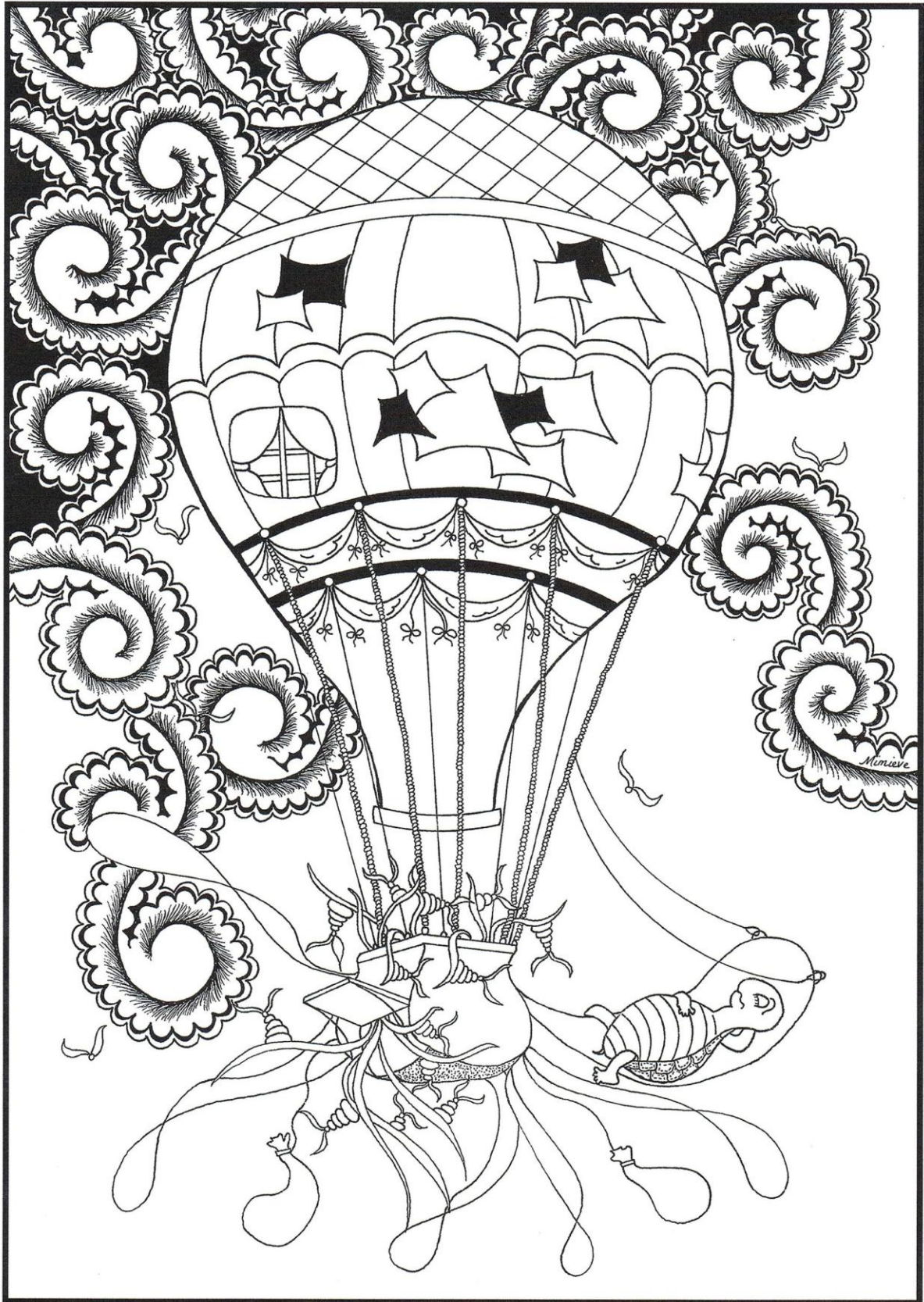
<https://www.facebook.com/Staffordshire-Mental-Health-Suicide-Prevention-Champions-109107668015698>



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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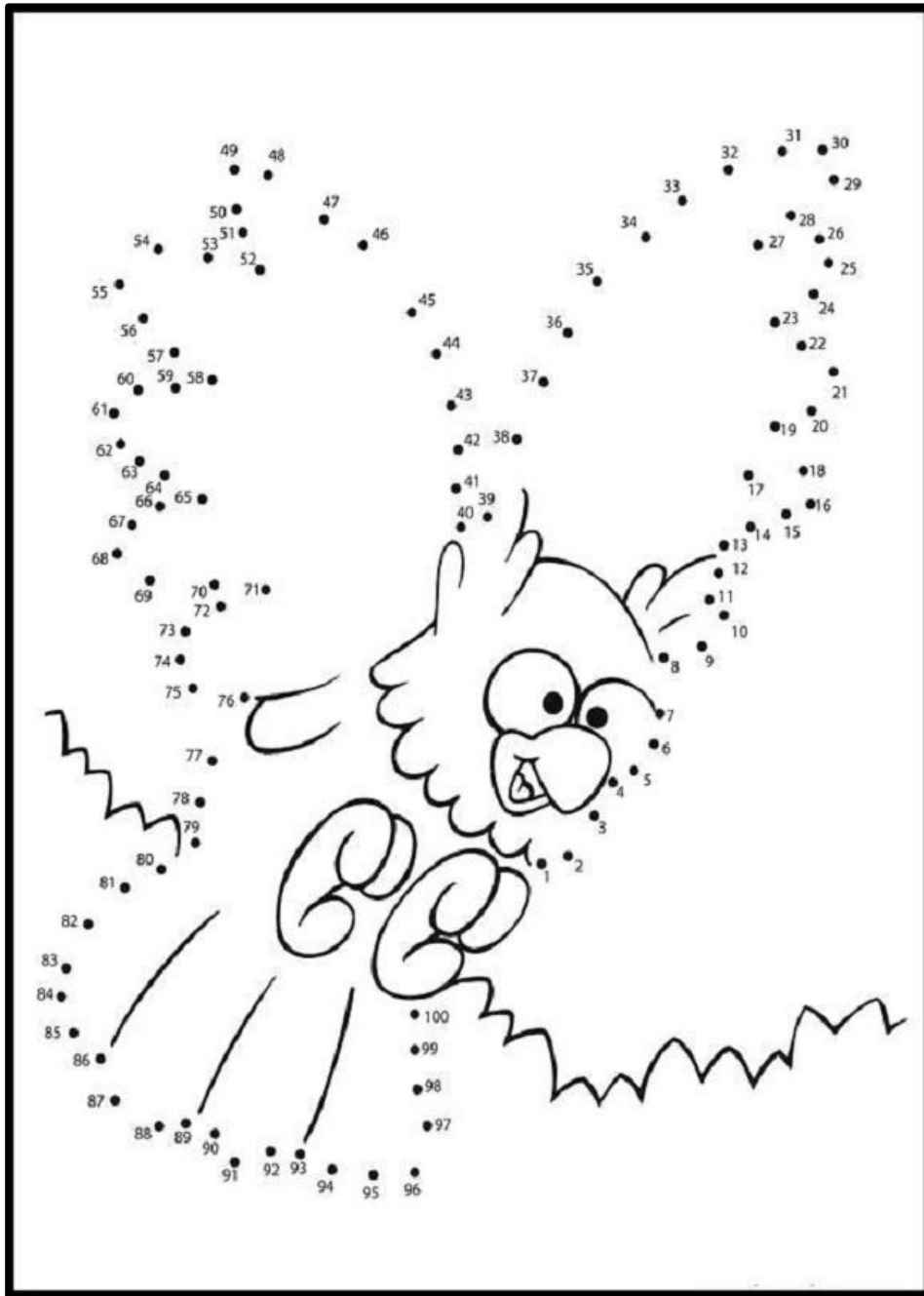


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If you have enjoyed colouring these images then why not get yourself a colouring book aimed at adults. Some of the books are very beautiful in themselves being made from fine paper and using high quality printing. You will find books at most newsagents,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

## European Countries

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

NORWAY  
POLAND  
SPAIN  
BULGARIA  
ESTONIA  
SERBIA  
SWITZERLAND  
ITALY  
FRANCE  
ROMANIA  
SLOVENIA  
LITHUANIA  
MALTA  
GERMANY  
IRELAND  
CYPRUS  
AZERBAIJAN  
UKRAINE  
HUNGARY

## America

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

HUMANITIES  
LIBERTY  
BRAVE  
UNITED STATES  
BALD EAGLE  
FLAG  
PLEDGE  
WASHINGTON  
PROUD  
PATRIOTIC  
CONSTITUTION  
FREEDOM  
PENTAGON  
CIVIL RIGHTS  
INDEPENDENCE  
GOVERNMENT  
PRESIDENT  
DOLLAR



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## Clubhouse arts and activities in the past month



Trip to Stafford making a refuelling stop



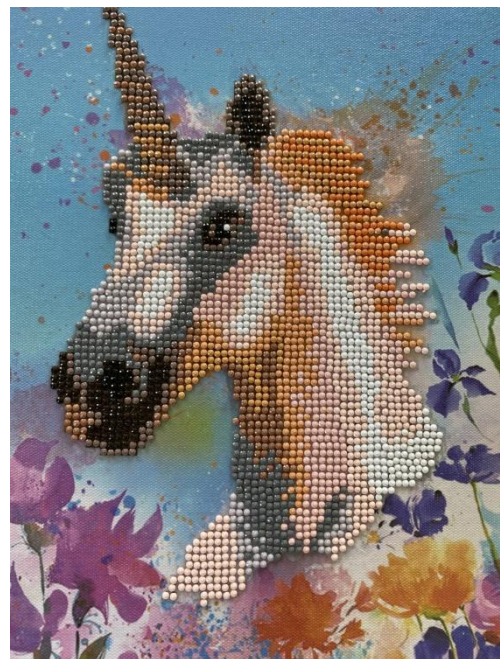
Watercolour picnic by Carol G with b-Arts



Diamond Art - Landscape by David M



Diamond Art - Snow White and her posse  
by David M



Diamond Art - Unicorn by Michelle S



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**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](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

### Album of the month Paul Weller Fat Pop

**P**aul Weller and The Jam had been around the music scene for a few years when Eton Rifles made number three in the charts in November of 1979. The band stayed together until 1982 and had many other big hits.



Then in 1983 Weller divided his large fan base by joining The Style Council featuring many genres of music from jazz and pop to folk. Many of the band's singles performed well in the charts and Paul

remained with the band until 1989.

In 1990 Weller decided to become a solo artist. Stanley Road in 1995 took him back to the top of the charts for the first time in a decade and was named after the street where he grew up.



**We're Jammin'**

A plethora of solo albums have been written and released making Fat Pop his sixteenth.



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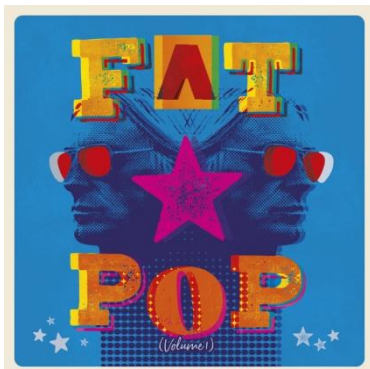


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favourite song. Another potential single could be track six Cobweb Connections and it will please fans of The Style Council. Bluesy Testify would be a good number to play live. I also enjoyed the simple but catchy melody of Failed.



The album closes with Still Glides the Stream. A fine song, starting slowly then building up to a crescendo with orchestral strings.

The album certainly doesn't out stay its welcome at just under forty minutes and at the time of writing Weller's fans have given Fat Pop their backing as Fat Pop entered the charts at number one.

*MusicMan*

## Local History

### The Place

The Place was the brainchild of two Manchester accountants Bill Morris and Kevin Donovan. They had the bold idea to convert a large Hanley warehouse into the country's first discotheque.

Inside most of the rooms were painted black, people danced alone and the music was



deafening.

The year was 1963 and to begin with the club was slow making its mark. Then in 1964 singer Millie was booked to perform her number one hit My Boy Lollipop. This led to many other stars performing at the club before they went on to larger venues; including Rod Stewart, Elton John, David Bowie and Eric Clapton.

Soon the under 30s were queuing up to get in on most nights. Monday was always a popular night with the young ladies as it was the one night that the Stoke City footballers were there in force.

The club did have a lounge and restaurant but most clubbers only went to dance.

Many styles of music were catered for and I remember the layout being rather like a rabbit warren on its many floors. Thankfully the venue never had a serious fire as it

would have been very difficult to evacuate quickly.

In the late nineties the venue

underwent a series of refurbishments becoming Rosie's and La Terrazzo before re-adopting its original name. Sadly the club closed in the mid 1990s and has since been demolished.

## General knowledge

### Quiz Answers

1. A 206
2. B Dua Lipa
3. D Iron
4. A 12
5. A Chinese
6. B 1959
7. A Macbeth
8. D Oreo
9. C 3
10. C Nathaniel Hawthorne

## International

### Football Kits

#### Picture Quiz answers

1. Argentina
2. Czech Republic
3. Croatia
4. Brazil



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5. Saudi Arabia
6. Denmark
7. Australia
8. Scotland
9. Japan
10. Mexico
11. Holland
12. Italy

## Last month's Quick Quiz

### Answers

1. Chinese
2. Russia
3. Johnny Depp
4. Shoes
5. The inside of the body
6. Aviation
7. Red
8. Fifty
9. Manchester United
10. Downton Abbey



## 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

Tea is an act complete in its simplicity. When I drink tea, there is only me and the tea. The rest of the world dissolves.

*Thích Nhất Hạnh*

When you bow, you should just bow; when you sit, you should just sit; when you eat, you should just eat.

*Shunryu Suzuki*

Instead of thinking of food as the enemy, allow yourself to enjoy the process of planning and preparing meals or going out to lunch with a friend. Stay in the present moment and understand that the purpose of food is nourishment.

*Susan Albers*

The feeling that any task is a nuisance will soon disappear if it is done in mindfulness.

*Thích Nhất Hạnh*

You can't stop the waves, but you can learn to surf.

*Jon Kabat-Zinn*



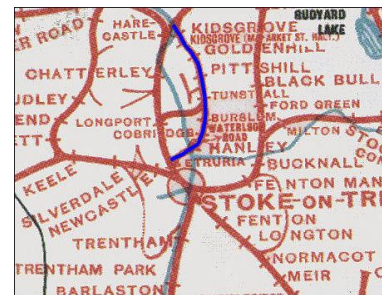
This month in the audio edition, listen to Toni Kalvans sing *Phones Are Ringing All Over Town*, by Martina McBride.

Toni and Mark sing *Sweet Surprises* – Lyrics Toni K and Mark G – Tune trad.

The songs were recorded by Nomis Industria.

## Local Steam Trains

**When council leaders talk about trying to solve the problem of local road congestion by building a tram or light railway system, older residents will often mention the Knotty Line.**



The line was opened in many short sections due to the cost of railway construction during the 1870's.

The loop line (Knotty) passed through Etruria, Hanley, Cobridge, Burslem, Tunstall, and Kidsgrove.



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The line sadly closed in 1964 before which every train was hauled by a glorious steam engine. Steam engines would puff on along the British Rail network for another four years before finally being decommissioned in 1968. There were some niche users that continued to operate steam locomotives till the early seventies.

As a child I can remember walking to Stoke station as we lived a few minutes' walk away. The enormous domed glass roof was almost black with countless years of smoke from the giant mechanical beasts.



Modern electric trains glide into the stations, whereas the

old steam trains would thunder in and I used to love the smell of smoke and steam under the high glass building.

The gap between the train and platform was a long stretch for little me and I remember on a trip to visit relatives dropping a book down onto the track when alighting. Luckily a kindly fireman climbed down upon the track to retrieve it. He smiled when he saw that it was a glossy book on steam trains.

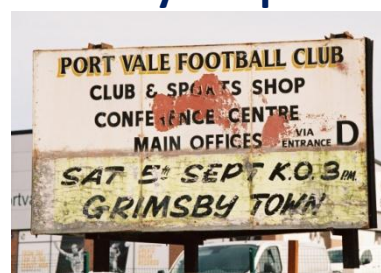
With the advent of diesel and electric locomotion hundreds of steam locomotives were scrapped but some survived, being bought by preservationists to be run on local stretches of the permanent way. In north Staffordshire we have two preserved lines, Foxfield at Dilhorne/Blythe Bridge and the Churnet Valley Railway at Froghall/Cheddleton.

Both the lines are well worth a visit and they host special

events during the year and even offer the chance for would be drivers to stand on the footplate and take the controls.

Finally I remember on a trip to ride the Severn Valley Steam Railway having a look into one of the large engine sheds where I saw volunteers painstakingly making parts to repair a broken locomotive. Unlike modern trains most parts can't be ordered and so have to be made from scratch.

## City Snap



**Up the Vale!**  
**Picture: A Stoke fan**



## Admiral Nelson

**The iconic statue of Lord Nelson is a famous London landmark. Here are ten facts.**



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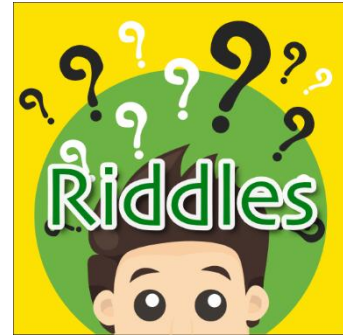


1. Born in 1758 in Norfolk Horatio Nelson joined the Navy at just twelve.
2. Even though he suffered from terrible sea-sickness, Nelson still went on to command his first vessel aged just twenty.
3. He lost his right eye in action in 1794 after being struck by debris. It is however a myth that he wore an eye patch.
6. Nelson had a public affair with actress Emma Hamilton despite the fact that they were both married. Nelson later split from his wife.
7. Before he died aged forty seven, Nelson did say, 'Kiss me Hardy' but his last words were, 'Thank God I have done my duty'.
8. Nelson's body was preserved in a barrel of



**Victory**

4. In Copenhagen during a sea battle he put a telescope to his blind eye, supposedly saying, 'I see no ships'. Some people think this gave us the phrase 'Turning a Blind Eye'. Though the Oxford Dictionary reports the phrase as being in use as early as 1698.
5. At the battle of Santa Cruz in 1797 a musket ball damaged his right arm, meaning it had to be amputated.
- brandy for the journey back to England.
9. Some say that Nelson gave us the phrase Half-Nelson for a wrestling hold, supposedly named after his tactic of surrounding rival ships.
10. Built in 1843 Nelson's Column stands at over one hundred and sixty nine feet costing the pricey sum of £47,000.



## Questions

1. Twelve apples hanging high, twelve men passing by. Each took an apple and left eleven hanging there. How can this be?
2. What has thirteen hearts but no other organs?
3. It lives in winter, dies in summer and grows with its roots on top. What is it?
4. I fly around the whole day yet I never go to a new place. What am I?
5. I have teeth but don't eat. What am I?
6. What has four eyes but can't see?
7. I am a fruit, a bird and a person. What am I?
8. What can you put in a box to make it lighter?
9. What loses its head in the morning and gets it back at night?
10. What part of London is in France?

## Answers

1. 'Each' was the name of one of the twelve men passing by
2. A deck of cards
3. An icicle
4. A flag



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5. A comb
6. Mississippi
7. A kiwi
8. Holes
9. A pillow
10. The letter N

## Listen to the Newsletter

You can listen to (and read) the newsletter using the web address below:

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

## Jokes

I liked my childhood. Dad used to put me in tyres and roll me down hills. Those were good years.

I started a band called blanket. It's a cover band.

Working at that bingo hall isn't just a job it's a calling.

Teacher: Simon, can you spell your name backwards?

Simon: Nomis

Last year I joined a support group for antisocial people. We haven't met up yet.

Is it true that an apple a day keeps the doctor away? Or is it one of granny's myths?

I'm learning to play golf. I still have a fairway to go.

My son came into my room and poured a jug of milk over me. How dairy!

Right, I'm off to grow some facial hair above my top lip, must dash.

My wife told me to take the spider out instead of killing it.

So I did. He's a cool guy; he wants to be a web developer.

## 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. Comedy duo Ant and Dec are originally from which English city?
2. In the medical profession, what do the initials 'GP' stand for?
3. Which German football team won the Champions League in 2013?
4. Maris Piper and King Edward are varieties of what?
5. H<sub>2</sub>O is the chemical formula for what?
6. Which English king married six times?

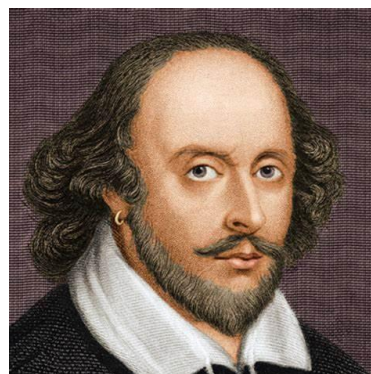


7. Whom did David Cameron succeed as the British prime minister?

8. How many states make up the United States of America?



9. Complete the title of the play by Shakespeare – The Merchant of ... ?



10. By what name is the TV adventurer Edward Michael Grylls more commonly known?



Answers in next month's issue of Newsletter EXTRA

### STOP PRESS

FA Cup 2013-2014  
R3 Stoke C 2-1 Leicester C  
R1 Shortwood U 0-4 Port V  
R1 Crewe A 0-2 Wycombe W



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## Pets' World – Diane is lost in the woods

It was a nice day; well at least it wasn't raining for once. I donned my wellies and headed for Bradwell Woods in search of the wizard, a sculpture created by our own Chris Oldham from willow.



Chris' Wizard

Spice was very excited and Boe managed to crawl out of bed and followed us to the car. It was a beautiful day as we walked across the field to the wood entrance. The sun was shining and the trees were rustling in the breeze. Perfect.

What could possibly go wrong?

**“Not only was she soaked in the stench, so was her harness and lead!”**

Securing Spice on her long training lead we started following a path with Spice bouncing in front and Boe plodding behind. To each side we could see the bluebells just starting to push their way through the warm Spring soil. The birds were chattering excitedly as they flew from tree to tree building nests and looking for romance. It was the first 'proper walk' for a few days so we thought we'd explore the different paths. One of which unknown to me took us by an area of extremely foul smelling water.

Well you've guessed it before I could stop her Spice ran and jumped right into the middle of it.

Luckily I still had hold of the lead and managed to pull her out. Not only was she soaked in the stench, so was her harness and lead.

With all the excitement as she emerged from the water she managed to well and truly tangle herself around two small trees.

There then followed a scene fit for a comedy show as I tried to untangle her. She just thought it was a great game and refused to keep still instead she 'helped' by circling the tree and pulling the lead with her teeth.

Now covered in the muddy water myself I eventually won the battle and we carried on up the path through the woods. The awful smell going with us.



We had a lovely time but couldn't find the wizard so headed as we thought towards home. We walked and we walked, we saw parts of the woods we had never seen before. Finally I had to admit we were lost. We tried every path but always ended up back at the same spot. By this time even Spice was running out of steam and Boe was threatening to strike.

I sat on a fallen tree to think of a plan. I know I thought, I have my phone I will Google it, and then we can find out exactly where we are.

I eagerly typed in 'Where am I?' And anticipated my reply. Until it came up that is....

**BERLIN !!!!!**



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I know we'd been walking a few hours but really 'Berlin' I really didn't know whether to laugh or cry.



Berlin Skyline

'Ok guys we got this let's not panic.'

Once again we trudged up the paths until finally ahead I saw some houses. In all the time we had been in the woods this was the first sign of civilisation. We'd walked for about 4 hours and 8 miles and not seen a single soul.

Right this is our plan; we head to the houses and see where it takes us.

We came out into a clearing and decided to sit down and have a rest while I tried my phone again.

**"We never did find the wizard nor have we ventured into that wood again."**

Boe jumped up on my lap. Before I could even get my phone out of my back pack Spice had decided she wasn't tired any more. Still on her very long training lead she ran round and round us until we were firmly wrapped, then chewed through the lead setting herself free.

As my arms were firmly fixed by my side, getting out wasn't easy. While Boe and I sat there Spice danced round and round with the biggest grin on her face. To her this was the best game ever.

Across the field appeared an old man with his dog. I thought please don't come over here as I fought myself free.

"Are you ok love?"

'Do I look ok? I'm tied up in the middle of a field with a mad dog dancing round me, I've been walking round for hours I'm tired and thirsty and I don't know where I am'



This is the 42<sup>nd</sup> Issue of the Newsletter so here is 'Don't Panic' in large friendly letters

Well that's what I wanted to say but of course I answered, 'Fine thank you'

Eventually I freed myself and Spice came straight away to get her lead on. We walked towards the road ready to ask the way. Thankfully as soon as I looked round I noticed with great relief that we were five minutes from the car.

We never did find the wizard nor have we ventured into that wood again.



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## Herbs and Spices

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

SALT  
GINGER  
SAGE  
PAPRIKA  
OREGANO  
ROSEMARY  
BASIL  
CAYENNE PEPPER  
DILL  
CUMIN  
BAY LEAF  
TURMERIC  
CLOVES  
FENNEL  
ALLSPICE  
STAR ANISE  
TARRAGON  
NUTMEG  
CINNAMON  
THYME

## Major World Lakes

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

CASPIAN SEA  
NYASA  
ERIE  
KIOGA  
ONTARIO  
SUPERIOR  
TITICACA  
TANGANYIKA  
ONEGA  
MANITOBA  
URMIA  
WINNIPEG  
MICHIGAN  
ATHABASKA  
CHAD  
LADOGA  
BAIKAL  
HURON  
GREAT BEAR  
RUDOLF



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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.

---

## Sudoku – Solutions

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

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

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



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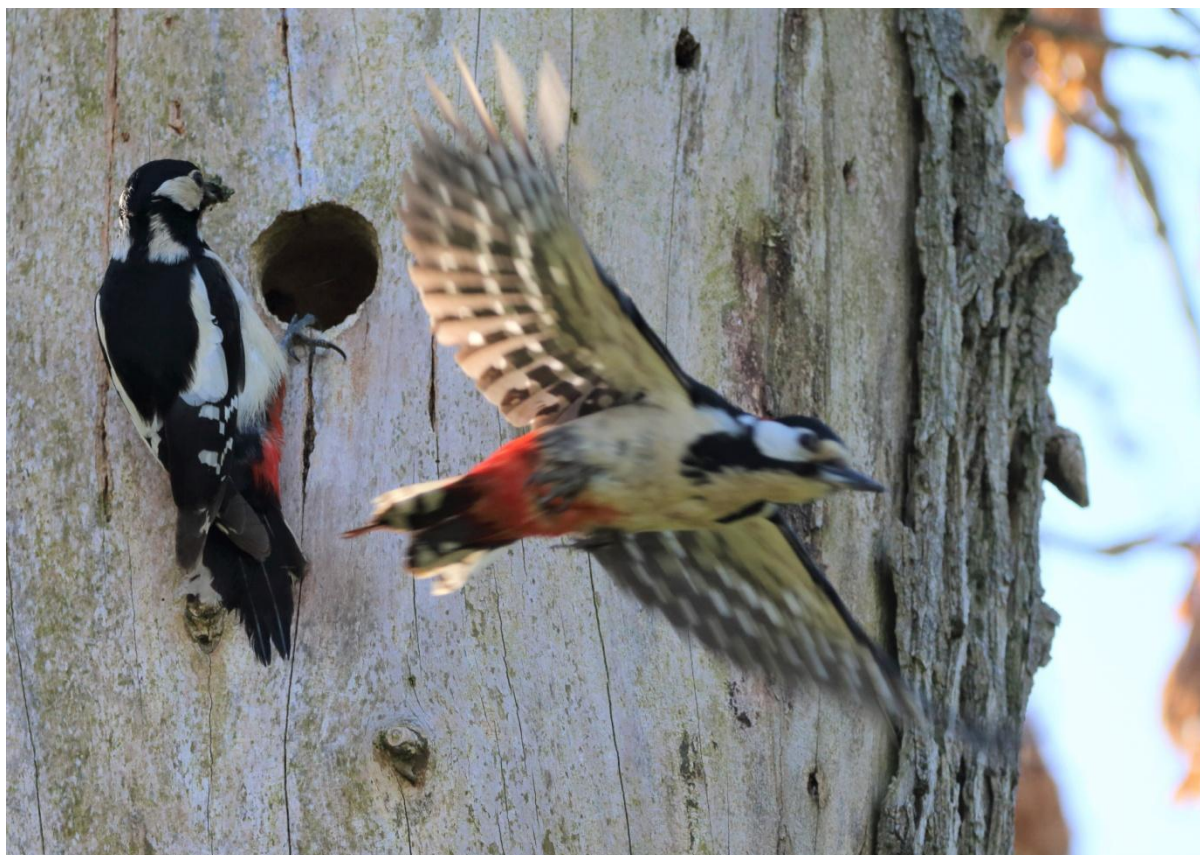
**Creative**



**Equal**

## Burslem Community Camera Club

25



Take in these amazing shots of woodpeckers nesting in Burslem Park.

The photographs were made by Hugh Irvine of Burslem Community Camera Club.

The club documents Burslem and its people, meeting up regularly to make photographs and to discuss projects such as producing zines and photobooks of their work.

Interested in taking part?

Contact Dan using:

[daniellyttleton@hotmail.co.uk](mailto:daniellyttleton@hotmail.co.uk)



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## Excellent paintings from Ange G - Enjoy!



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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.



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