



Clubhouse Network Newsletter

EXTRA



Newsletter EXTRA

Issue #8

Together
Everything
Will Be Well

Though our buildings
are closed, the
Clubhouse community
remains engaged

Newsletter EXTRA #8

Hello everyone and welcome to this issue of the Newsletter. This time, quizzes on British history and English sporting stadia. As ever there are some mindfulness colouring and dot-to-dot pictures to test out your artistic skill.

We've all ridden on the local buses; here the story of PMT is recounted by Howard.

MusicMan reminisces about the humble cassette tape. It was better than you don't remember.

Spice has a birthday party, she tells us about it in her first pawed story.

Have fun and learn new things by trying the virtual sessions promoted inside.

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

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Have fun with these Sudoku Puzzles!

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

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

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



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Clubhouse arts and activities in the past month

3



The conservation group



Sandie's Mow Cop at sunset



Deb's collage of the walking group



Jacqui's walking group



Lesley helped her granddaughter create this aquarium by making the fish and turtle



John's garden box is blooming marvellous



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Have a go at this British history quiz

4

1. Which British monarch succeeded Queen Victoria?

- a. Elizabeth II c. Edward VII
- b. Edward VI d. George VII

2. Richard III died at which battle?

- a. Bosworth Field c. Hastings
- b. Barnet d. York

3. Who was the last viceroy of India?

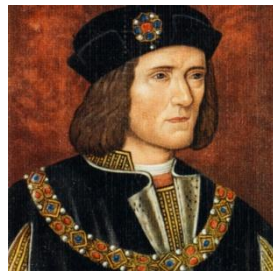
- a. Clive c. Prince Louis of Battenberg
- b. George VI d. Lord Louis Mountbatten

4. Which English monarch married Eleanor of Aquitaine

- a. Henry II c. Henry VI
- b. Henry IV d. Henry VIII

5. Who was the last wife of Henry VIII?

- a. Anne of Cleves c. Catherine Howard
- b. Catherine of Aragon d. Catherine Parr



6. Which country did Britain fight in the War of Jenkins' Ear?

- a. France c. Spain
- b. Ireland d. Wales

7. Which King George did the Prince Regent become?

- a. George IV c. George II
- b. George III d. George I

8. At the Siege of Mafeking, who led the British forces?

- a. Robert Baden-Powell c. Field marshal Bernard Montgomery
- b. Colonel B. T. Mahon d. Louis Mountbatten

9. The House of Lancaster kings were all called what?

- a. Charles c. George
- b. Edward d. Henry

10. Apart from 'mad', which kinder nickname did George III have?

- a. Big George c. Farmer George
- b. Farmer Giles d. Happy George



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Our Services

Summer 2021



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 Instant Messenger Service -every weekday 10am-1pm; 2-4pm.
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 services:

Stay Well

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 instant messaging service for young people across Stoke-on-Trent. See www.speakupspace.org.uk

Sundays 8pm-11pm

Mondays 5pm-8pm

Tuesdays 8pm-11pm

Wednesdays 5p-8pm

Thursdays 4pm-9pm

Fridays 8pm-11pm

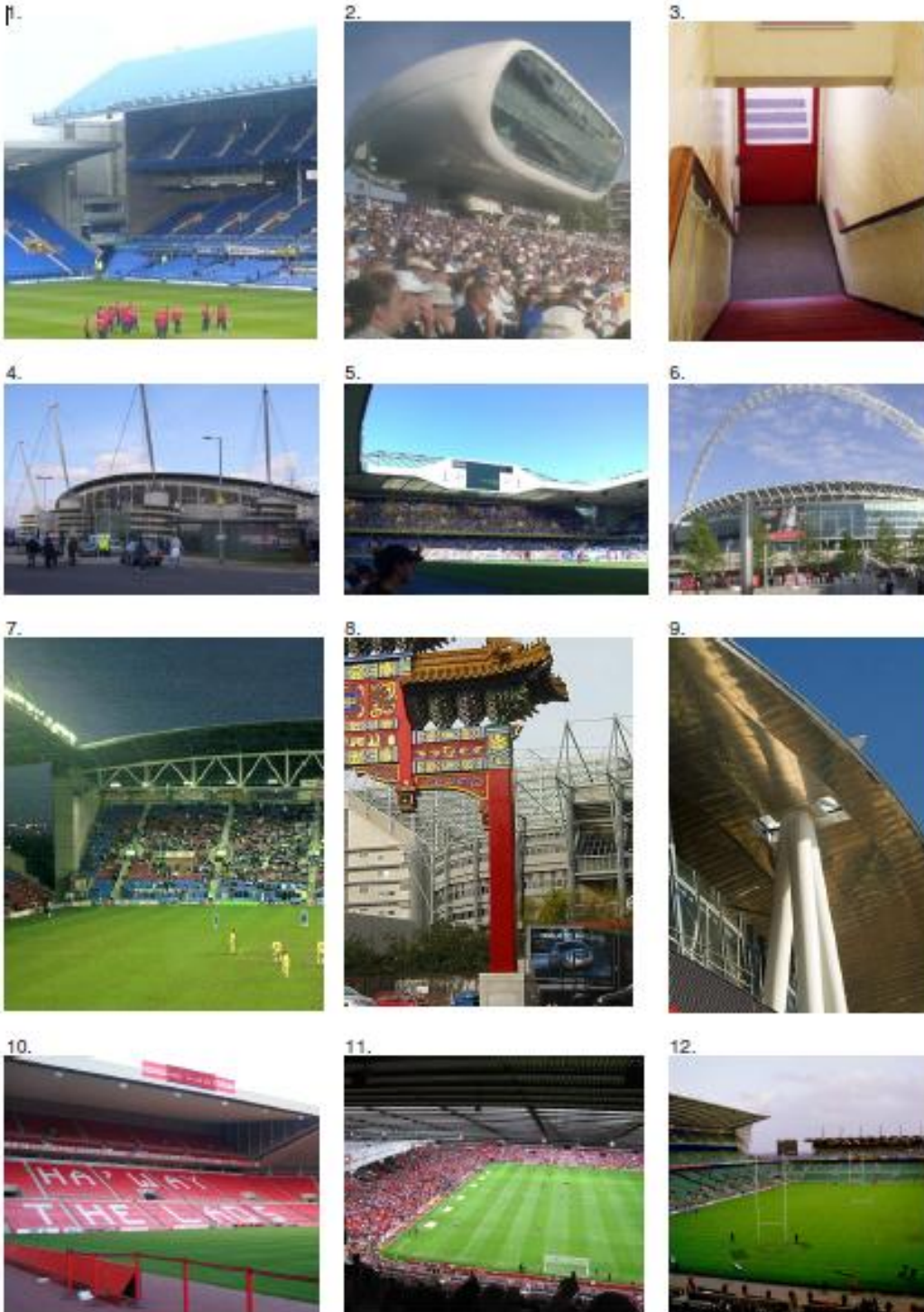
Saturdays 8pm-11pm

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

Know your English stadia?

Name these sporting arenas



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Self-harm Support and Recovery service



Why did we take action?



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

What did we do?

3 tier non-clinical intervention

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

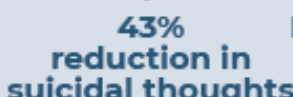
Self-refer to structured workshops, therapeutic activities, social groups

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



What has the impact been?

**80%
engagement
rate**



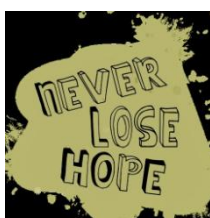
Staffordshire and Stoke on Trent ICS

Suicide Prevention

Conversations Save Lives

Men are four times more likely to kill themselves than women. It's thought to be the biggest cause of death for men under the age of 50. On average, a hundred men die in this way every week; and this figure has been steadily rising over the last 14 years. Suicide is the most preventable death within the UK and as a team of Suicide Prevention Champions we are working tirelessly to raise awareness, reduce stigma and save lives across Stoke-on-Trent and Staffordshire.

The importance of talking about mental health cannot be overstressed. As a community we must do more to help our loved ones by supporting



them through the dark days and talking about their mental health will spark the initial action. With suicide rates increasing, we must come together and find positive ways to involve ourselves in the conversation and ultimately get our loved ones the help they need before it is too late.

One in five people think about suicide in their lifetime – one in fifteen attempt doing so; these are alarming figures. You can help save lives by talking openly and honestly about suicide, conversations save lives. If you are worried that someone is feeling suicidal, ask open and direct questions. Asking about suicide will not put the idea in someone's head. Research tells us that most people who are suicidal are not 100% decided about dying. A part of them wants to live, and needs help to find a way to stay alive. Doubts about suicide can remain up to and including the point of dying. It is not dangerous to ask and is actually safer than not asking at all. If you see, hear, or notice anything that doesn't seem right, it is okay to ask directly about suicide.

As Community Champions we are working on a project called 'Just Say Something' with

Staffordshire Police; to encourage people to reach out and have these difficult conversations. We have developed the term TALK to support you if you're worried about how to approach someone you know.

TAKE NOTICE Most people thinking about suicide don't talk about it. All too often however, there are warning signs. Look out for changes in their personality and behaviour as these might be signs that they are having suicidal thoughts.

ASK If you think that someone may be feeling suicidal, encourage them to talk about how they are feeling. You may feel uncomfortable raising this subject and may not know what to say but don't worry - this is entirely normal. If you're concerned - just ask them if they're thinking about suicide or having thoughts of ending their life. These questions might be direct, but it's better to address the person's feelings directly rather than avoiding the issue. And be reassured that asking about suicide in this way will not make it more likely to happen.

LISTEN & EMPATHISE – Avoid being judgemental and never criticise or blame them. Try saying, 'I can't imagine how painful this is for you, but I would like to try to understand'. Listen carefully and do all you can to understand them. Get them to share their reasons for living and dying. Encourage them to form a safety plan and reassure them that they will not feel this way forever. Help them to focus on getting through this day, and then the next rather than focusing too much on the future.

KEEP SUPPORTING THEM UNTIL HELP ARRIVES – Always take their suicidal feelings seriously. If someone is in immediate danger call the emergency services on 999 and ask for an ambulance; or take them to A&E at their local hospital. Do not leave them on their own and don't forget about your own safety.

TALK SUICIDE – Encourage the person to seek help and visit their GP. Keep talking and share information on the support services in your area (perhaps offer to go along to the first session) Ensure they understand that they are not alone.



<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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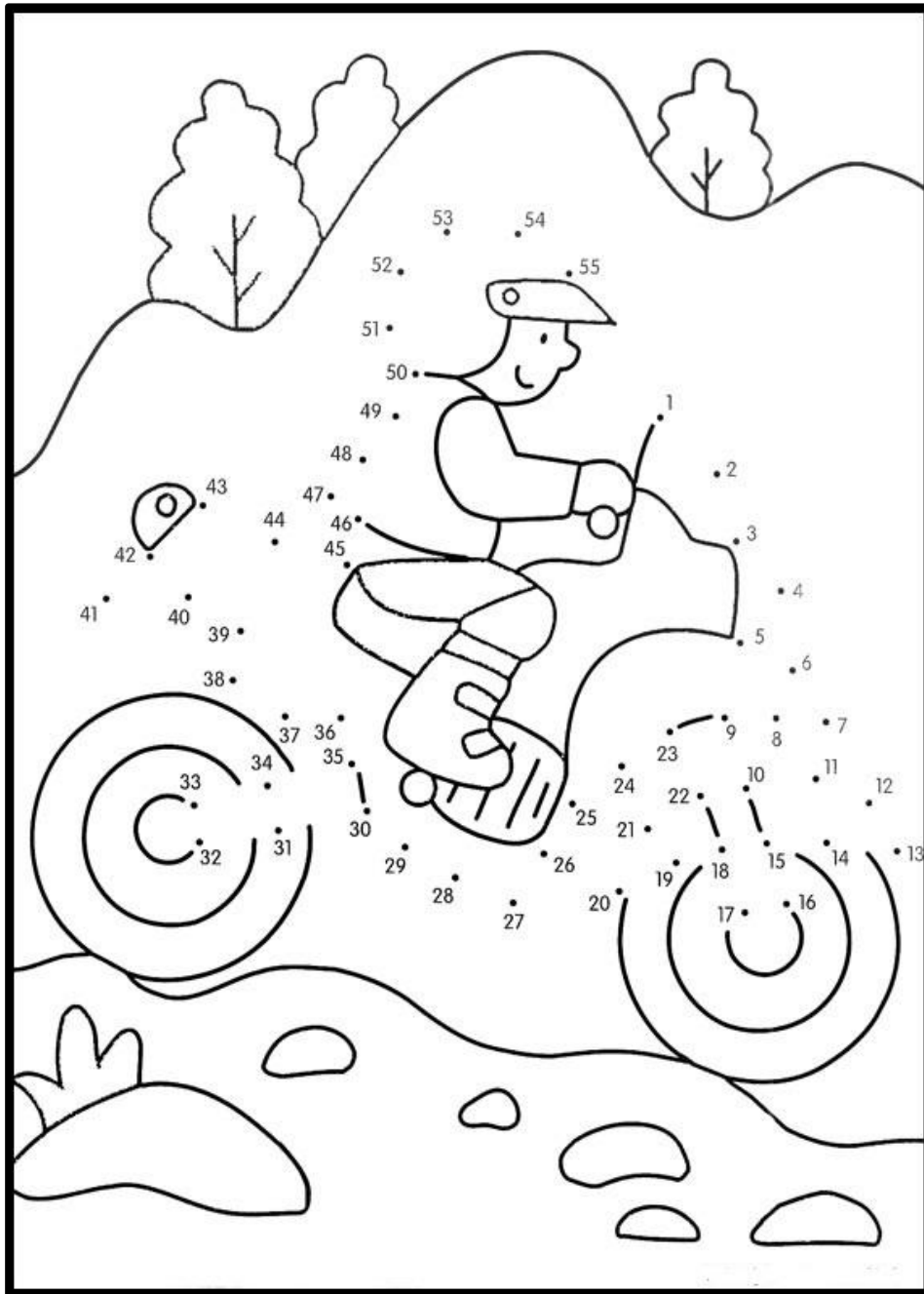
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If you have enjoyed colouring these images then why not get yourself a colouring book aimed at adults. Some of the books are very beautiful in themselves being made from fine paper and using high quality printing. You will find books at most newsagents, 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	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 10:30am 3pm	Craft Session, every other week For an invite please email:- angela.henshall@brighter-futures.org.uk Social Session For an invite please email:- maggie.hunter@brighter-futures.org.uk
Thursday 11am 2pm	Photography Session For an invite please email:- chris.oldham@brighter-futures.org.uk Walking Groups in Longton / Hanley / Tunstall Speak to your support worker for more information
Friday 1pm	Social Session and Quiz For an invite please email:- chris.morgan@brighter-futures.org.uk
<p>PLEASE NOTE GROUPS CURRENTLY HOLD A MAXIMUM OF 10 PEOPLE SO PLEASE EMAIL AS SOON AS YOU CAN TO SECURE A PLACE AND AVOID DISAPPOINTMENT – THANK YOU</p> <p>If you want information on how to download the Microsoft TEAMS App or how to set up an email address please speak to your support worker about this</p> <p>Please call 01782 835220 or 01782 406000 Option 3, then 1 for further information</p>	


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Word Search

Fruits

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

BLACKBERRY
 LIME
 WATERMELON
 BLUEBERRY
 PAPAYA
 KIWI
 ORANGE
 RASPBERRY
 APPLE
 BANANA
 STRAWBERRY
 GRAPE
 LEMON

Ice cream Flavours

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

TRIPLE TORNADO
 REESES
 NEOPOLITAN
 CHOCOLATE
 STRAWBERRY
 COTTON CANDY
 COCONUT
 ROCKY ROAD
 COOKIE DOUGH
 TIGER TAIL
 GREEN TEA
 HOKEY POKEY
 MAPLE WALNUT
 FUDGE
 PECAN
 BANANA
 VANILLA



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A holiday in Weston-super-Mare

At the end of June, Clubhouse members, Jean, Phil, and Howard enjoyed a five day trip to Weston; here is their report.

We travelled with Copeland's Coach Company, our hotel had very friendly staff and the food was excellent.

Day 1: We had a full day trip to Bath, made famous by the outstanding Roman architecture. The river Avon flows through the town and we were able to take a walk along its banks.



A boat on the Avon



Bath Abbey

Also boasting a large shopping centre, you would need several days to see everything in Bath.

Day 2: We had a half-day trip to the pretty coastal town of Portishead, before calling at Clark's Retail Shopping Village in Somerset.

Day 3: A full day to explore Weston. The grand pier has now been re-built at a cost of £52m after it was destroyed by fire in 2008. We enjoyed a walk to the end of the pier taking in the sea air.



The big wheel



The Incredible Shrinking Man having a lozzack



Hopefully there won't be any Sour Times in Café Lido

We also braved a trip on the giant wheel to see the delights of the town from the air.

We were lucky to have warm weather, the beach was golden and litter free. With plenty of cafes and ice cream parlours a great time was had by all.



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Brighter Futures
on
Twitter

@BFNW



Clubhouse Cookbook online

There is now a way to access online all the recipes that have featured in the Newsletter. To get access to the Clubhouse Cookbook Online just send an email with Cookbook as the subject to news@brighter-futures.org.uk

Find
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

Cassette Tapes

(Home Recording Didn't Kill Music)

As a child of the 1960s I was brought up with vinyl records although a mate's dad did have a very expensive reel to reel tape recorder.

This allowed him to record records and for Christmas parties he would ask us to sing or talk into the microphone for various games.

Tapes were sold with names that indicated the playing time of the cassette, so, C30, C90 and C120 amongst others. I mainly bought C90s as LP records were typically around forty minutes long enabling two LPs to fit on the single cassette.

I was always told not to buy the C120 by mates even allowing for its near two hours of playing time.

I'm not sure if this was true but someone in our group claimed the C120 was just a C60 where the tape had been stretched meaning that it was more prone to breakage.

As well as the play mode you could also rewind or fast forward the tapes. This could be problematic as the tapes could break or at other times become jammed in the mechanism. When this happened it was possible to



However everything changed when Philips developed the Compact Cassette. The tapes were of good quality and the players weren't too expensive.

repair the tape with a tiny piece of Sellotape but of course the recording would be missing a small section of the



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song where the break occurred.

The tapes were great for avid record collectors. I remember reading that even after a few plays a vinyl record would start to lose its quality. So, I had a friend who would buy a new record then just play it once onto a cassette tape, meaning that it was always in mint condition.

In the early 1980s Philips developed the Compact Disc or CD. The sound quality of the new discs was far superior to the cassette tape. Eventually blank recordable CDs became available so people could make their own recordings.

Cassettes however are still made and last year sales were at their highest level for more than a decade.

On Facebook recently, someone posted a picture of a cassette, asking if anyone remembered rewinding one with a pencil? I certainly do.

MusicMan

Local History PMT Buses

The Potteries Motor Traction Company began life as an electric tram operator on 28th June 1898.

In the early '20s the company began to operate motor buses and by 1922 a total of twenty seven motorised omnibuses operated on nineteen routes.

As a consequence in 1928 the tramways were abandoned after only thirty years of service.



In 1960 the company had depots in Audley, Biddulph, Burslem, Cheadle, Fenton, Goldenhill, Hanley, Milton, Newcastle, Stafford and Stoke along with two maintenance garages in Butler Street and Bowstead Street.

The fleet by that time was an impressive 525 vehicles.

By 1972 the fleet livery had returned to poppy red and white as first displayed on the company's electric trams.

The most iconic time for many bus lovers came on December 12th 1986 when the company was the subject of a management and employee buyout. Under its new ownership the fleet took on a new livery of red and yellow, affectionately known as Blood and Custard with the PMT logo taking the form of a zipped arrow.

The PMT company began manufacturing its own buses in the late 1980s using chassis

sourced from Ford, Mercedes and Freight Rover.

In the 1990s the company acquired the Ellesmere Port,

Wirral and Chester operations from Crossville Motor Services and after that PMT itself was part of a significant buyout by Badgerline. After this came another era of change which leads us to the business we have today. Badgerline merged with then Grampian Regional Transport to form FirstBus in 1990.

If you have an interest in local vintage buses, Potteries Omnibus Preservation Society (POPS) have been in existence for many years and put on a number of summer rallies. popsbuses@gmail.com

British History Quiz Answers

1. c) Edward VII
2. a) Bosworth Field
3. d) Lord Louis Mountbatten
4. a) Henry II
5. d) Catherine Parr



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6. c) Spain
 7. a) George IV
 8. a) Robert
Baden-Powell
 9. d) Henry
 10. c) Farmer George
- The pictures are:
Catherine Parr
Richard III
George III

Eleanor of Aquitaine's marriage to Louis VII

English Stadia

Picture Quiz answers

1. Goodison Park, Everton, Liverpool
2. Lord's Cricket Ground, St John's Wood in London
3. Anfield, Liverpool, Liverpool
4. City of Manchester Stadium, Manchester City, Manchester
5. 5. White Hart Lane, Tottenham Hotspur, Tottenham, North London
6. Wembley Stadium, Wembley, London
7. JJB Stadium, Wigan, Wigan
8. St. James' Park, Newcastle Utd, Newcastle
9. Emirates Stadium, Arsenal, Holloway, North London
11. Stadium of Light, Sunderland, Sunderland
12. Old Trafford, Manchester Utd, Manchester

13. Twickenham, England RFU, Twickenham, Richmond –upon-Thames, London

Last month's Quick Quiz

Answers

1. Newcastle upon Tyne
2. General practitioner
3. Bayern Munich
4. Potato
5. Water
6. Henry VIII
7. Gordon Brown
8. Germany
9. Venice
10. Bear Grylls



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

Within you, there is a stillness and a sanctuary to which you can retreat at any time and be yourself.

Hermann Hesse

Mindfulness is deliberately paying full attention to what is happening around you in your body, heart, and mind. Mindfulness is awareness without criticism or judgment.

Jan Chozen Bays

Cultivating a generous spirit starts with mindfulness. Mindfulness, simply stated, means paying attention to what is happening; it's about what is really going on.

Nell Newman

Realize deeply that the present moment is all you have.

Eckhart Tolle

Mindfulness is a quality that's always there. It's an illusion that there's a meditation and post-meditation period, which I always find amusing, because you're either mindful or you're not.

Richard Gere



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This month in the audio edition: Thank You. Performed, and written by Toni Kalvans.

Recorded at Prism Studios

Toni and Mark sing The Banana Splits theme song.

Recorded by Nomis Industria

The 92 Club

Until recently there were ninety two football teams in the English League. Upon visiting every ground fans could purchase a tie with the words '92 Club' emblazoned on it. Of course fans could cheat and say that they were a member of this elite club but that would be against the spirit of the game. Also most would purchase a souvenir programme as proof of their visits.

Back in the 70s, as supporters of Port Vale, my friends and I had been to around seventy five of the grounds. However most were in the lower leagues. We would only visit the top teams like Liverpool, Manchester United and Tottenham Hotspur in the cup competitions. So whenever we had a free Saturday we would all try to see a game at a new ground. One of our biggest rivals were Walsall, a team we could never beat. In

the winter of 1978 they were on a great cup run and had a game at Arsenal in the fifth round. Highbury was a ground we all needed to tick off, and another reason was to see Walsall possibly get thrashed.

accommodation in Luton for the night as we were told by locals that in the morning we would be able to find an open garage selling petrol.

It was now very late; most of the hotels and guest houses



On the morning of the 18th February 1978, five of us travelled by car to the capital to see the cup tie. It has to be said for large parts of the game Walsall played well, until Arsenal's class saw them win 4 - 1; so we all came away happy.

Our driver Pete said that before we got onto the motorway he needed petrol. Unfortunately at the time there was a shortage caused by striking tanker drivers. Every station we drove by in London displayed a no petrol sign and so we decided to head for Luton, thinking as a smaller place we would be able to find fuel. Our luck was still out and had now reached the stage where the only option would be to find

were full. So, the five of us decided that we would sleep in the car. By now the weather was freezing and so we thought the car might be warmer if we parked in a multi-storey; it wasn't.

I also found it impossible to sleep due to sitting upright and the extreme cold. Eventually my friends had all dropped off and as I was by the car door I sneaked out and started to jog around the car park to keep myself warm. My best friend Steve later said he had woken up in the night; seeing me jogging and thinking it was a dream until he checked that I wasn't in the car.

So really, looking back, because of our crazy night in Luton, Walsall still had the last laugh on us.



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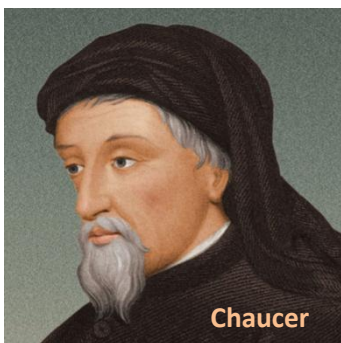
City Snap



**Bottle ovens
on every corner!**

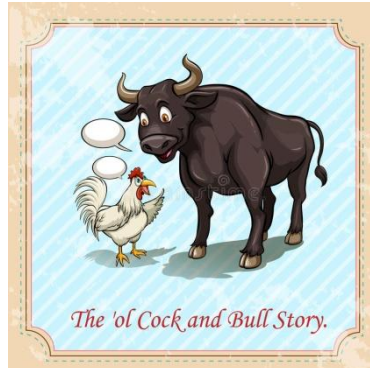
The origins of ten English idioms

1. Mum's the word: 'Mum' comes from the old English word 'momme' meaning silent.
2. Gone pear shaped: Nothing to do with body shape. Early RAF slang for flight patterns that went awry.
3. The acid test: In the 19th century, California gold rush dealers would use acid to distinguish gold from base metal.
4. Busy as a bee: Chaucer coined the term in his Canterbury Tales.

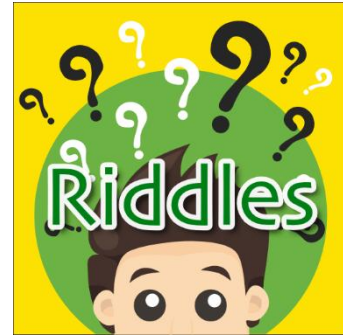


5. Pot luck: Dates back to the 16th century when food was left aside to feed an unexpected guest.

6. Baker's dozen: English bakers would give an extra loaf as they could be flogged for selling underweight bread.



7. Cock and Bull story: Meaning a tall tale, this phrase comes from two opposite inns in Stratford; the Cock and the Bull where travellers would spin yarns.
8. Fly off the handle: This was first said by American writer Thomas C. Haliburton in 1834. Meaning an axe head flying off if its handle was loose.
9. Off the record: In 1933 President Roosevelt said to the Daily Times he didn't want to be quoted and would only talk, 'off the record'.
10. Pulling your leg: meaning to tease. This saying dates back to Victorian times when thieves would work in pairs, one would pull a victims leg while the other robbed them.



Questions

1. What four-letter word can be written forward, backward or upside down, and can still read from left to right?
2. What is at the end of the rainbow?
3. What word is always spelled wrong?
4. What two words added together contain the most letters?
5. What invention lets you look right through a wall?
6. What kind of ship has two mates but no captain?
7. I have married many times but have always been single. Who am I?
8. I break but never fall and fall but never break. What are we?
9. What type of cheese is made backwards?
10. I can be cracked, I can be told, and I can be played. What am I?

Answers

1. NOON
2. The letter W
3. Wrong
4. Post Office
5. A window



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6. A relationship
7. A priest
8. Day and Night
9. Edam
10. A Joke

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'm not wearing glasses anymore. I've seen enough.

I found out my girlfriend is really a ghost. I had my suspicions the moment she walked through the door.

England doesn't have a kidney bank but it does have a Liverpool

Midwives deserve a lot of respect. They really help people out.

I was in hospital for tests and they said I had the peek-a-boo virus. I've just been transferred to ICU.

I just started my own business making yachts in my loft. Sails are through the roof.

I was in an ABBA tribute, we were poor. I left saying, 'I wish I'd never been Bjorn'.

I really wanted to be a locksmith but I failed the entrance exam.

I googled 'Missing Mediaeval Servant' it came back with 'Page Not Found'.

I used to think I was indecisive. But now I'm not so sure.

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

Quick Quiz

1. How many teeth does an adult have?

30, 28, 32

2. Roughly how many times does the heart beat per day?

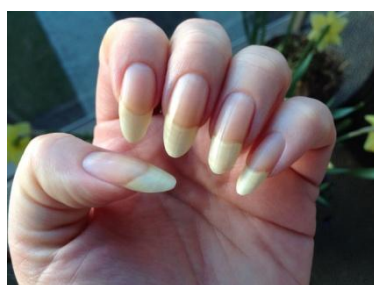
100 000, 50 000, 200 000

3. Which is the largest internal organ?

The liver, The heart, The lung

4. Roughly how many times does a baby blink per minute?

12, 2, 22



5. How much do fingernails grow in a month?

12mm, 3mm, 7mm

6. For a typical adult, how long does a broken arm take to heal in weeks?

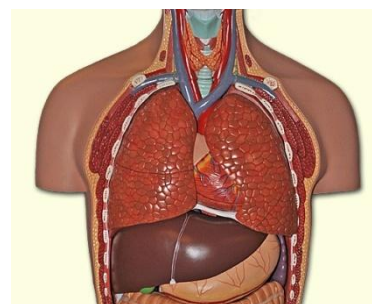
3-4, 10-12, 6-8

7. What percentage of body weight is made up of blood?

24, 8, 16

8. Roughly how much urine in pints can an adult bladder comfortably hold?

1 pint, 2 pints, 3 pints



9. Which organ cleans your blood, destroys old red blood cells and fights infection?

Pancreas, spleen, gall bladder

10. We have more than five senses. What is proprioception?

The ability to find your nose when your eyes are shut; the ability to feel heat without touching the source; the ability to sense when you are upside-down.

Answers in next month's issue of Newsletter EXTRA

STOP PRESS
STOP PRESS

FIFA World League 2045
Stoke C 5-1 Moon XI
Gondwana ReU 2-7 Port V
Greenland 3-4 Crewe



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Pets' World – Happy Birthday Spice



Hello pipples it's me Spice. Mummy is busy so I thought I'd tell you all about my burffday. I'm a big girl now, I'm one. I'm not a baby any more even though mummy still says I am.

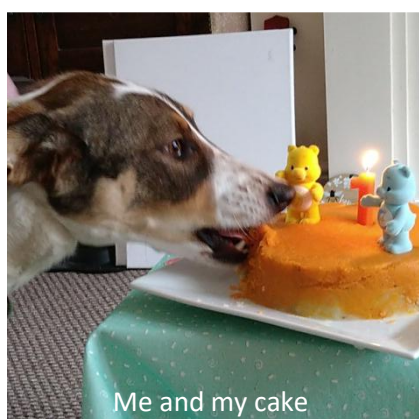
Well for my birthday we went to stay with Aunty Roo and Uncle Charlie and my cousin Poppy.

We had to sit in the car for quite a long time so I just went to sleep.

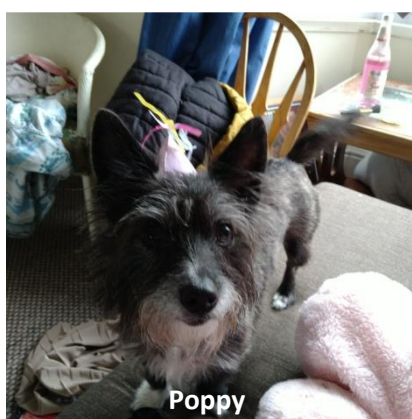
Finally the car stopped I looked out the window and Aunty Roo was waiting for me. It was a bit scary at first cause I didn't recognise their house. Poppy was really moody, I tried playing with her but she just kept grumbling at me.

They have these fur balls they call cats. I tried very hard not to chase them but they kept pulling faces at me.

After lots of cuddles we went for a nice long walk. We found some water, mummy said it was a lake. I ran round and round and round and round. Boy, was I dizzy. I might have accidentally jumped in once. Mummy laughed and said I looked like 'a drowned rat' whatever that is. Aunty Roo found this weird little jumpy thing. She said it was a frog. I thought it was silly. I barked at it then did some more running round and round and round... ..



Me and my cake



Poppy



Boe



Froglet

On Friday it was my birthday. I was so excited everyone kept singing to me I had some new toys they were amazing.

Mummy went to the kitchen for ages and told me to go away because it was a surprise. Well the smells were delicious I kept trying to peek but they wouldn't let me. Lots of balloons and pretty things were put up. My brother Boe and I, along with Poppy got very excited we did lots of jumping and running.

Mummy said we all had to sit by the table ready for the surprise.

Well we tried but it was just too exciting.

We put our party hats on and they all sang happy birthday to me 'Again'.

Aunty Roo had to hold on to me so I wouldn't jump up when mummy came in with my 'birthday cake' WOW! It was sooo pretty and it had a burny thing on it.

Mummy put the cake on the table, Aunty Roo had to blow the candle out cause I was too busy tucking in.

It was delicious. Mummy said I had to share with Poppy and Boe. I wasn't too sure about that but mummy said I would have tummy ache if I ate it all so I said OK.

After eating all that cake we all needed a lie down; phew!

After, we went to the lake again, I ran round and round and round... .. Whoops! Better go, mummy's coming, she's looking for her iPad.

Byeeeee!!!!



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Support and Services Contact Information

Groceries

Freshview foods 01782 717806

Delivery within 10 miles of Wolstanton.

Walkers (near Whittle Court) 01782 274075

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

www.heinztohome.co.uk

16 tins of beans, tomatoes, spaghetti and soup.

£10 plus £3.50 Hermes delivery. Delivered within 3 days.

Support

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

CALM Campaign Against Living Miserably - Hardship and Suicide Prevention to all, especially older males.

0800 58 58 58 5pm to midnight

Samaritans 116 123

Bereavement Helpline 0800 2600 400 8am to 8pm.

Sudoku – Solutions

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

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

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



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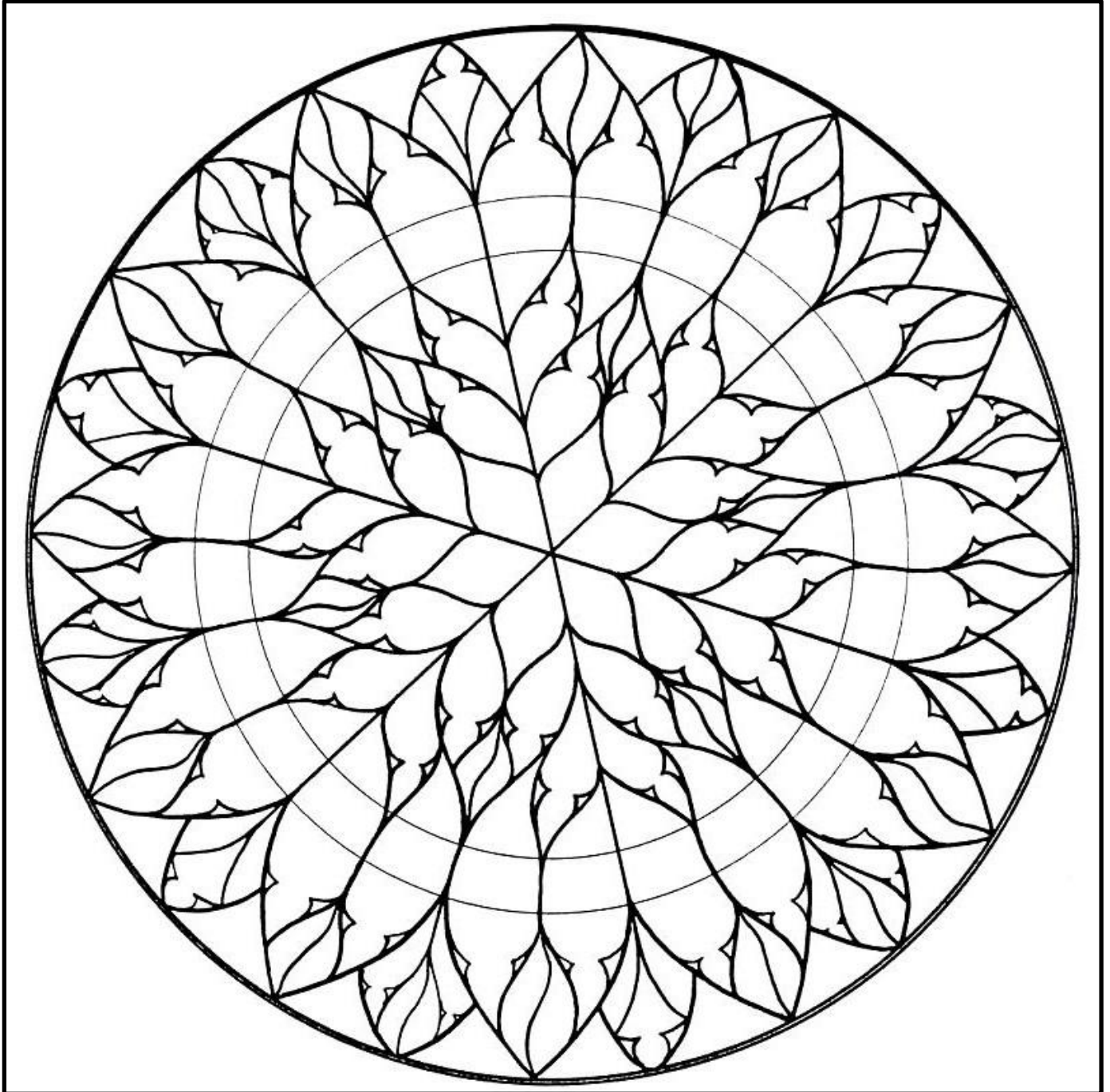
Equal

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.



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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