# Club Journal

August 2018

The magazine for all CIU members

75<sub>0</sub>

# **Education Programme to benefit from Union's Greyhound Racenight**



Sheffield's iconic Owlerton Stadium will be hosting the Dransfields CIU Racenight on the evening of Tuesday, September 18 (the first race goes off at 6.22pm).

This great event is a fantastic opportunity to witness some top-class dog racing on one of the best tracks in the country and have an enjoyable night out with some club colleagues.

What's more, tickets for the evening are free to CIU members and include a drink, nachos and a bet.

If you would like to attend this annual Union event, simply fill in the form that you will find on page 15 of this issue and post it to us at *Club Journal*.

In addition, National Account companies and other suppliers to CIU clubs are being offered the opportunity to become race sponsors on the night in order to raise money for the Union's Education Programme.

Any suppliers wishing to sponsor a race should contact Head Office.

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#### Club of the Month: Leigh Park TUWMC

This month's Club of the Month is Leigh Park & District Trade Union and Working Men's Club in Havant, Hampshire. .

Founded in 1966 but moving into its current premises in 1971, the club has been at the heart of its local community for over 50 years with a full programme of entertainment, activities and events on offer to its membership, including darts, snooker, pigeon racing and cribbage.

For the full profile of the club, turn to page 11.

#### Sid Hicks to step down from the NEC

Sid Hicks has announced that he is stepping down from the Union's National Executive Committee (NEC).

Mr Hicks, who represented Northumberland on the NEC, submitted his resignation in July after several years on the Committee.

There will now be a by-election for the newly vacant position.

Union President George Dawson CMD said: "Sid has shown real dedication during his many years on the NEC in representing the views of the Northumberland clubs at a national level."



# **EDITOR'S LETTER**

Welcome to the August edition of Club Iournal.

As you'll see from the front page, Sid Hicks has tendered his resignation from the National Executive Committee (NEC) after many years of helping to steer the overall direction of the Union in his role as the NEC member for Northumberland.

I am sure that all Union members will join me in expressing our gratitude for Sid's service on the NEC.

Next month will see the Dransfields CIU Greyhound Racenight taking place on the evening of Tuesday, September 18 at Sheffield's Owlerton Stadium.

This annual event is free to attend and is always a great night of sporting action under the floodlights of this famous dog racing venue so we would love to see as many CIU members as possible coming along.

In addition, the Union is hoping to attract sponsorship on the night from National Account companies and other traders with CIU clubs to help raise a donation for the Union's Education Programme.

As well as each sponsor receiving two free hospitality tickets to the racenight, the names of all sponsors will be shown on the race card and photographs of the event with a report naming sponsors will be published in the November edition of Club Journal.

Please contact Head Office if you would like to take advantage of this sponsorship opportunity.

Meanwhile, a reminder that the timetable for the new Award in Club Management (ACM) day courses is currently being drawn up and will be published in subsequent issues of the Journal once it is finalised.

Launched during Conference Weekend in Blackpool back in April, the new course consists of three self-contained units, each taking one day of classroom-based study to complete and will give members an excellent grounding in club administration and finance.

Our 'Club of the Month' for August is Leigh Park Trade Union & Working Men's Club in Havant, Hampshire.

As you'll read (p11-12), the club is rooted in its local community, providing plenty of live



entertainment, sport and other leisure activities seven days a weeks and all year round for its growing membership.

Hope you enjoy the issue.



Stephen Goulding, Editor

# **CLUB JOURNAL**

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The views expressed in this journal are not necessarily those of the publisher



George Dawson CMD





Dave Gravel CMD NEC Member



Ken Roberts CMD

#### **CIU Editorial Panel**







Les Hepworth CMD NEC Member







Sid Hicks NEC Member



George Smith NEC Member





Chris O'Neill CMD NEC Member



Geoff Whewell

#### Harworth Comrades Club makes four presentations



#### Peter Mitchell presented with his 41-Year Gold Bar

Committee Member) and William Askins (Committee Member)



Union President George Dawson CMD (pictured, right) recently attended a ceremony at Bishopthorpe Sports & Social Club in York to present York City Branch stalwart Peter Mitchell with his 41-Year Gold Bar and Certificate to add to the 21-Year Gold Medal and 31-Year Gold Bar he obtained earlier in his club career. Peter first joined the York City Branch in June 1973 when he was appointed as the Branch Assistant Games Secretary and retired from the role in June 2014 after 41 years service. He is currently York City Branch Assistant Secretary and pays tribute to his wife, Eileen, for all her support and help over the years.

#### **EXAMINATION RESULTS**

#### **CLUB LAW EXAMINATION RESULTS 2018**

lan King, Goring Social Club, North West Metropolitan Branch \*1st Place Law

Paul Collingwood, Skegness WMC, Doncaster Branch \*2nd Place Law

**Heidi Birch**, Aldridge Social Club, West Midlands Branch \*3rd Place Law

#### CLUB ACCOUNTANCY EXAMINATION RESULTS 2018

**Heidi Birch**, Aldridge Social Club, West Midlands Branch \*1st Place

Diploma gained \*

#### **NEWS IN BRIEF**

#### BT Sport and Sky Sports announce live football fixtures

The first batch of live Premier League football fixtures on BT Sport and Sky Sports in August and September have been announced.

The season begins on Friday, August 10 with Manchester United taking on Leicester City at Old Trafford, live on Sky Sports.

Sky Sports will also be showing the Newcastle United v Tottenham clash on Saturday, August 11 as well as Liverpool v West Ham and Arsenal v Manchester City on Sunday, August

On the following weekend, Sky Sports will be showing Cardiff City v Newcastle United, Manchester City v Huddersfield, Brighton & Hove Albion v Manchester United and Crystal Palace v Liverpool.

BT Sport's first fixture of the season will be Wolverhampton v Everton at 5.3opm on Saturday, August 11.

A week later, the broadcaster's cameras will be at Stamford Bridge for Chelsea v Arsenal and on Saturday, August 25, at Anfield to witness Liverpool v Brighton & Hove Albion.

For more information on the live sporting fixtures coming up, turn to the sports listings on page 22-23.

#### **NEWS IN BRIEF**



#### Heineken invests £40m in North London craft brewery

Heineken, the Official Supplier of beers and ciders to the Union, has taken a minority stake in the North London-based Beavertown Brewery, investing £40 million in the 'craft' beer company.

Beavertown produces a range of beers, including the Gamma Ray pale ale, and will use the cash injection to build a 450,000 hectolitre brewery in London that will allow it to expand.

Last year saw Heineken invest in some other smaller brewing businesses, including the Brixton Brewery in London and the Lagunitas Brewing Company in California.



# Anthony Joshua to fight at Wembley on September 22 Anthony Joshua will defend his IBF,

Anthony Joshua will defend his IBF, WBA 'super' and WBO titles against Alexander Povetkin at Wembley Stadium on September 22, live on Sky Sports Box Office.

The unified world heavyweight champion faces his WBA mandatory challenger Povetkin as he returns to the scene of his epic victory over Wladimir Klitschko in April 2017.

Joshua's last two world title fights had been at the Principality Stadium in Cardiff, with the unbeaten 28-year-old firstly stopping Carlos Takam before adding the WBO belt in a points win over Joseph Parker in March.

#### **Carcroft Village Social Club stalwarts are honoured**



On April 19, 2018, three of Carcroft Village Social Club's loyal and experienced Committee Members – Mr Barry Gregory, Mr Jim Hutchinson SNR and Mr Derek Wallace – were presented with their 40-Year Distinguished Service Awards. Pictured, left to right: John Deer (Vice-President of Carcroft Village Social Club), Barry Gregory (Committee Member and former Trustee of Carcroft Village Social Club), Jim Hutchinson SNR (Committee Member of Carcroft Village Social Club), Derek Wallace (Committee Member and former Trustee of Carcroft Village Social Club) and Allan Baker (President of Carcroft Village Social Club)

#### **Distinguished Service Award for James Lofthouse**



At a presentation held on Saturday, June 16 at a Doncaster CIU Branch meeting, Mr James Lofthouse of Castle Ward WMC, Lincoln, was awarded his 40-year certificate. James is retiring soon and will be very much missed by his friends and colleagues who will also miss his vast knowledge of clubland rules. Pictured, left to right: Allan Baker (President of Carcroft Village Social Club and Doncaster Branch President), James Lofthouse (Secretary, Castle Ward WMC) and Dave Gravel CMD (NEC Member and Doncaster Branch Secretary)

#### Major milestones for Lamberhead Green WMC trio



#### **Defibrillator installed at Garforth Working Mens Club**



Members of the Garforth Working Mens Club Committee with the defibrillator machine which was recently installed outside the club

Garforth Working Mens Club in Leeds has installed a Community Public Access Defibrillator (CPAD) on the outside of its premises.

The device is designed to save the life of victims of sudden cardiac arrest by restarting the heart's normal electrical system through a shock.

The CPAD cabinets have a key code lock which can been accessed 24/7 by calling 999 and obtaining the code.

"Being a club that is at the heart of the community – excuse the pun – we see this as a valuable contribution to the community," said Club Secretary Keith Varley.

"It is a facility donated by the club and its members for the benefit of everybody in our community. Hopefully it is something that won't be needed, but will be there if required."

# FOR SERVICE

# Branch Award Branch 10-Year Award

Alan Hardy, Northumberland Branch

#### **Long Service Award**

**Raiph Stalker**, Tanfield Lea WM Club, Durham Branch

#### **Certificate of Merit**

**Pauline Austin,** Maidstone WM Club, Kent Branch

#### **CLUB NOTICES**

#### Clubs Applying for Membership of the Union

Haslington Cosey Social Club and Institute (Manchester Branch)

Markham Main Officials Social Club (Doncaster Branch)
Standish Social Club (Manchester Branch)

#### **Club Admitted into Membership of the Union**

Fairfax Club (West Yorkshire Branch)

#### **Club Withdrawn**

Harrogate Trades Hall Club Ltd (Leeds Branch)

#### **Club Closed**

Penge & District Trade Union and Social Club (South East Metropolitan Branch)

#### **Club Name Changes**

From: RBL Social Club (New Edlington Ltd) to: Edlington Ex-Services Social Club New Edlington Ltd (Doncaster Branch)

From: Edge Top Working Men's Club to: Edge Top Thornhill Club Ltd (Heavy Woollen Branch)

From: Partington Working Men's Club to: Partington Working Men's Club Ltd (Manchester Branch)

From: Norristhorpe Working Men's Club to: The Noristhorpe Limited (Heavy Woollen Branch)

From: Colebatch's Club Learmore to: Colebatch's Club Ltd (West Midlands Branch)

#### **Peter Coleman receives Distinguished Service Award**



Peter Coleman of the Kettlebrook Working Mens Club in Warwickshire Branch received the Distinguished Service Award in recognition of 40 years' service. Peter is Secretary of the Tamworth & Atherstone CIU Association. Pictured, left to right: Peter Coleman receives his Distinguished Service Award from NEC Member Carol Goddard at a ceremony held at the club in June

#### Buy your own copy of Club Journal each month

Here's your chance to have your own personal copy of *Club Journal* delivered to the address of your choice each month for less than you'd pay for it at the club.

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#### **OBITUARY**

Stuart Barnes
It is with great
sadness that The
Leigh Park Trade
Union & Working
Men's Club have
to announce the
sad passing of our
Club Secretary
Charles Stuart



Barnes, known to all as Stuart.

He passed away suddenly in June from a heart attack. Stuart was a long serving club member before joining the Committee and he was the only member to achieve the status of holding all four officer positions: President, Vice-President, Treasurer and Secretary.

Stuart was a kind-hearted gentle man who always had a smile on his face and had time for everyone no matter what their needs.

His smile and kind nature will be greatly missed by all who knew him.

#### **NEWS IN BRIEF**

#### Weoley Castle WMC stages Zumbathon for local hospital

Weoley Castle Working Men's Club in Birmingham staged a charity Zumbathon on July 1 in aid of a local hospital.

The three-hour event was organised by Sarah Codling who underwent a heart transplant in 2015 at Queen Elizabeth Hospital (QEHB) and now works tirelessly to raise funds for heart patients at the hospital with regular events.

The funds were raised to help buy a Heart in a Box machine for the hospital's heart and lung transplant department.

This state-of-the-art machine keeps a retrieved heart alive outside of the body, by pumping blood around it, and irrigating it ready for transplantation.

This radically increases the amount of time that surgeons have to perform the transplant, compared with the more traditional method of storing the heart in ice.

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# The CIU Racing Club

Members of the CIU can buy discounted tickets to racedays at some of the UK's top courses via our Racing Club. Simply fill in the form below with a cheque made payable to the racecourse concerned and your club will soon be enjoying a fantastic day out at the the races

THIRSK	Monday 20 August	£14 (Paddock)	Family Day
THIRSK	Friday 30 August	£14 (Paddock)	Pirate Family Day
HAYDOCK PARK	Friday 7 September	£10 (Grandstand & Paddock)	32Red Raceday
THIRSK	Saturday 8 September	£15 (Paddock)	Ladies Day
HAYDOCK PARK	Saturday 29 September	£12.50 (Grandstand & Paddock)	Flat Racing
DONCASTER	Saturday 27 October	£10 (Grandstand Enclosure)	Afternoon Flat Racing
DONCASTER	Saturday 10 November	£10 (Grandstand Enclosure)	November Handicap
WETHERBY	Saturday 17 November	TBA	Dransfields CIU Charity Raceday
HAYDOCK PARK	Saturday 24 November	£12.50 (Grandstand & Paddock)	Betfair Chase
DONCASTER	Friday 30 November	£10 (Grandstand Enclosure)	Winter Afternoon Jump Racing
DONCASTER	Saturday 1 December	£10 (Grandstand Enclosure)	Winter Afternoon Jump Racing
DONCASTER	Friday 14 December	£10 (Grandstand Enclosure)	Winter Afternoon Jump Racing
DONCASTER	Saturday 15 December	£10 (Grandstand Enclosure)	Winter Afternoon Jump Racing
HAYDOCK PARK	Saturday 22 December	£12.50 (Grandstand & Paddock)	Tommy Whittle Chase Day
HAYDOCK PARK	Sunday 30 December	£12.50 (Grandstand & Paddock)	The Last Fling

#### **CIU Racing Club Booking Form**

umber of tickets required (minimum 6) P	rice per ticket £
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heque enclosed for £	
Made payable to racecourse involved - please send th	ree weeks before the meeting date)
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lub Address:	
	Postcode:
aytime telephone No:	
Places sand this hookin	g form plus cheque (made
	priate racecourse) to:
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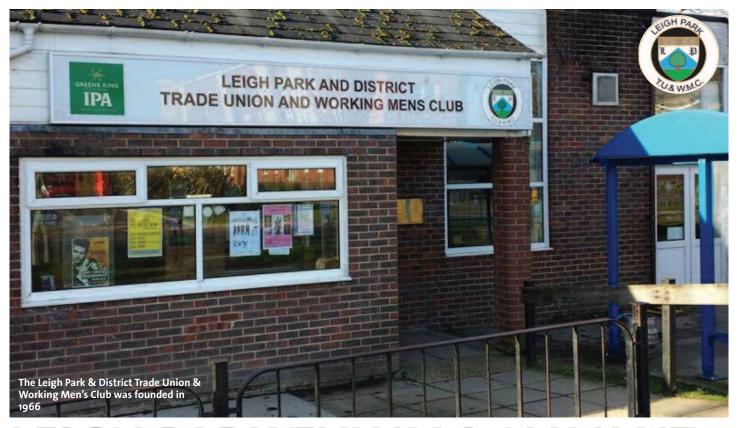
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# LEIGH PARK TUWMC, HAVANT

The Leigh Park & District Trade Union & Working Men's Club in Havant, Hampshire, was founded in 1966 and is a thriving community club which offers its members an array of entertainment and activities

ounded in 1966 but moving into its current premises in 1971, Leigh Park & District Trade Union

Working Men's Club has served its local community for over 50 years and continues to thrive as one of the key entertainment and leisure hubs in the area.

The club is currently in mourning after the sudden loss of Secretary Stuart Barnes, who passed away from a heart attack in June and his successor in the role, Tricia Banachowicz, pays tribute to this stalwart who did so much to make the club a success.

"Stuart would do anything for anyone and was a really caring man who worked really hard for the club and for the members," says Tricia.

"We held his wake in the club in July and over 600 people turned up to pay their respects – with all of our bars packed – which is a testament to the esteem he was held in by club members and the local community."

In the immediate aftermath of the loss of Stuart, the club wasted no time in installing a community defibrillator on the outside of the building and instituted training sessions to teach members how to use this potentially lifesaving piece of equipment if someone in the vicinity suffers a heart attack.

"Stuart obviously leaves a huge void in the club but the Committee and members have all pulled together to ensure that we build on his legacy," says Tricia.

It's clear that the future of the club is in extremely safe hands with a focused and very capable Committee that knows exactly what it takes to run a modern club.

"Our aim is to have something going on at the club seven days a week to cater for the different age ranges and interest groups," says Tricia.

"We basically have four rooms – our Lounge Bar, which is where members can go and have a quiet drink; our General Room which is where we have several TV screens, a pool table, kids area, dartboard, juke box and gaming machine; our Small Function Room, which holds about 100 people and can be hired out for functions and our Main Hall which can accommodate up to 350 people."

The club works hard to put on plenty of high-quality live entertainment for its members with regular bands and solo singers performing at weekends.

"We aim to be the premier venue for tribute acts on the South Coast," says Tricia. "We have regular tribute nights throughout the year – normally on a Friday night featuring a variety of acts and most of them have been sell-outs.

"Recently, we've had Pink Floyd, UB40, Abba, Oasis, Motown and Michael Jackson tribute acts which have been really well received by members and you'll often see members buying several tickets for friends and family.

"Then, twice a year – in March and September – we have a big Rock 'n' Roll Night which brings in people from all over the county and beyond.

"In October, we'll be staging a Halloween Extravaganza which will have a band performing songs from The Rocky Horror Picture Show.

"Aside from the Tribute Nights, we try to have live entertainment every Saturday night

and one Sunday a month. Next year, we're looking to move the Tribute Nights to Saturday and put a disco on the Friday as sometimes when we've had a big tribute night on a Friday, it's quieter the following night."

Live sport is also shown in the club on various TV screens, including a giant screen.

"The World Cup went really well for us with a fantastic atmosphere in here for all the England games," says Tricia. "Live sport is available throughout the year on Sky Sports and BT Sport and we have a big screen for major events.

"We get good numbers in for Premier League and midweek Champions League games and we'll also show golf, boxing and whatever live sport members want to watch."

But it's not just about watching sport and the club has some very effective teams of its own playing in the local leagues.

"Our Wednesday Men's darts team have done very well this season and took seven out of the nine League trophies, while the Wednesday Ladies team won the League Plate," says Tricia.

"We also have teams which play on Mondays and Thursdays so darts is very strong for us. We're looking to get a professional player in to do an exhibition event at the club in the near future.

"One of our crib players achieved the highest aggregate score overall in the League and last season the team took all the prizes and finished runners-up this season.

"Snooker, pool and billiards are also very



popular at the club and we have golf, fishing, and pigeon racing sections."

The club's members are keen fundraisers for both local and national charities – charities supported in the past include MIND, Cancer Research, Victory Hants, Hampshire Air Ambulance, the Chernobyl Children Lifeline and the annual RBL Poppy Appeal.

At the end of August, the club will be holding its first Inclusion Disco which is aimed at young people with special needs.

"We discovered that youngsters who have just left special needs schools can often become socially isolated from people of the same age," explains Tricia.

"This event means that young people of varying abilities can come along with their carers and meet others of a similar age to themselves.

"We're hoping that it will take off and become a regular thing as it serves a real need in the community."

The club has franchised out its kitchen with hot and cold food available to members in the evenings, as well as for functions, with a number of wedding receptions and other celebration taking place in the Main Hall throughout the year.

In terms of marketing itself both to members and the wider community, the club has a very significant online presence with a new website carrying all the latest news from the club, including details of upcoming events and a downloadable membership form.

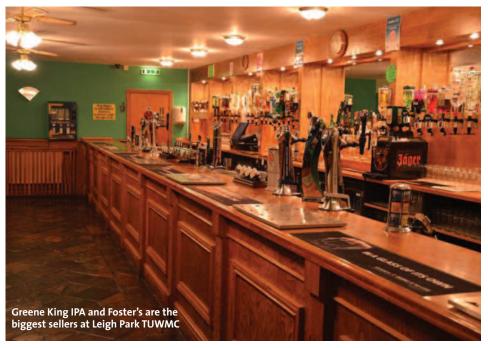
"We're very active on social media," says Tricia. "We're on Facebook, Twitter and Instagram and it really helps with the club's profile.

"If we have a tribute act on, I'll often put a video clip live on Facebook so that people who haven't come along can see what they're missing.

"For those members who perhaps aren't as attuned to social media, we also put up posters inside and outside the club showing what's coming up.

"We also have several multimedia TV screens around the club and these can be programmed to display all the upcoming events as well as advertising what services club members can offer each other, for example, if you need a plumber or a builder."

With so much going on within its walls, it's no wonder that Leigh Park TUWMC continues to be such a vital part of its local community.



#### CONTACT DETAILS

Leigh Park & District Trade Union Working Men's Club 439 Dunsbury Way, Leigh Park, Havant, Hampshire PO9 5BD Tel: 023 9247 2624 Wessex Branch

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#### **NEWS IN BRIEF**

#### Contracts and Handbook still available from Branch Offices

The CIU Contracts and Handbook have been updated and reprinted for 2018 and are available to buy from your local Branch.

The documents available are:

- Club Staff Handbook
- Club Steward Contract
- Bar Manager Contract
- Bar/Cleaning Staff Contract
- Bar/Cleaning Staff Terms and Conditions of Employment
- Bar/Cleaning Temporary Staff Terms and Conditions of Employment
- Club Staff Accommodation Contract

The club documents are priced as follows: £5 for each Handbook; £2.50 for each Contract (except the Club Staff Accommodation Contract which is priced at £1.30 as a special limited edition) and £1.50 for each Terms and Conditions document.

These documents – available from your branch – take in all the current legislative requirements.

#### National Executive Committee dates for 2018

The remaining dates for the meetings of the National Executive Committee in 2018 are as follows: September – 5th/6th October – 3rd/4th November – 7th/8th December – 5th/6th

#### **Annual Meeting 2019 dates**

The dates for Blackpool 2019 have been confirmed so be sure to make a note in your diary.

#### Thursday, April 11, 2019

NEC Meeting/Executive Dinner

#### Friday, April 12, 2019

Beer & Trades Show (Norbreck Castle Hotel, Blackpool)

#### Saturday, April 13, 2019

AGM (Norbreck Castle Hotel, Blackpool)

#### Last call to enter the Club Awards 2018

Why not enter the Club Awards 2018 and put all the hard work that is being put in by your Committee and members under the spotlight?



Union President George Dawson CMD (second from right) hands out the trophies to the joint winners in the CIU-sponsored 'Traditional Club of the Year' category at the Club Awards 2017

f you haven't entered the Club Awards before, then make sure 2018 is the year that you do. We want to hear about all the hard work that is going on in your club and what you're doing for your members and the local community.

The Club Awards Gala Dinner, to be held at Doncaster Racecourse in November, celebrates clubs across the UK and provides the perfect opportunity to meet up with fellow clubs to share ideas and issues while having a lot of fun along the way.

#### **JOIN THE JOURNEY – WHY ENTER?**

Clubs use their success to:

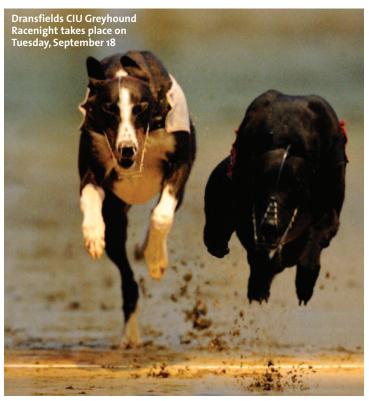
- Raise the club's profile.
- Gain coverage in the local press and media.
- Encourage new members.
- Thank existing members for their support.
- Show that the club is spending members' money for their benefit.
- Celebrate clubland in all its forms with fellow clubs from across the country.

	-7-
HOW TO ENTER (Deadline: August 7	<sup>7</sup> , 2018)
Please tick preferred option	CLUD
I would like one of the Club Awards judges to contact me to discuss the club.	awards
OR	2 0 1 8
Please email me a self-entry form. Email:	2010
My name is: My club is:	
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# The Dransfields CIU Racenight 2018



#### **CIU Racenight Tickets**

Dransfields CIU Racenight, Owlerton Stadium, Tuesday, September 18

Number of free tickets required \_\_\_\_\_

Contact Name:

Club Name and Address: \_\_\_\_\_

; ! Postcode:

Daytime telephone No: \_\_\_\_\_

Please send this booking form to:
Alchemy Contract Publishing, 59-60 Thames Street, Windsor, SL4 1TX

Sheffield's iconic Owlerton Stadium will be hosting the Dransfields CIU Greyhound Racenight on Tuesday, September 18.

This great event is a fantastic opportunity to witness some top-class dog racing on one of the best tracks in the country and have a good night out with some club colleagues.

What's more, tickets for the evening are free to CIU members and include a drink, nachos and a bet, so there's even more reason to come along and enjoy yourselves.

As in previous editions of this annual event, a total of 14 races will take place throughout the evening, making for a fast-paced night of action.

Owlerton is one of the key centres for greyhound racing in the UK with its kennels producing many famous champions in the blue ribands down the years.

Union President George Dawson CMD, Union General Secretary Kenneth D Green CMD and other members of the NEC will be attending the event, along with representatives of many of the Union's Preferred Suppliers, including racenight title sponsors Dransfields.

Even if members of your club can't make it to Sheffield on the night, you can still get involved in the action by taking part in the annual CIU Greyhound Sweepstake by

picking the winning dog in the Dransfields CIU Final. Forms for this will be sent out to the clubs before the event.

Owlerton Stadium itself is very easy to travel to, being just five minutes away from Sheffield's City Centre so don't miss out on this great CIU event.

For more information, please call the venue direct on 0114 2340374 or visit the stadium's website at:

#### www.owlertonstadium.co.uk

If you are interested in a race sponsorship or hospitality package on the night, please contact Sean Ferris at:

sean@alchemymedia.co.uk.

#### **Service Award Application Reminder**

Please remember to allow sufficient time when applying for your Service Award Certificates as all applications are approved initially by your local Branch Office then approved at the monthly NEC meeting in London (see page 14 for dates of NEC meetings).

All certificates take around six to eight weeks to be approved, engraved and signed.

#### Timetable for ACM currently being finalised

The timetable for the rollout of the Union's new Award in Club Management (ACM) is being finalised and will be published in upcoming issues of *Club Journal*.

The ACM has been developed by the CIU's Education Committee working in tandem with CPL Training and consists of three self-contained units, each taking one day of study to complete.

Unit 1A of the course covers Law & Regulation, Licensing. Unit 1B covers Other Law and Regulations. Unit 2 covers the topics of Management, Finance and Administration.

Candidates will get an understanding of licensing law and regulations relating to members' clubs, as well as a whole host of other laws and regulations that govern the running of a club.

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- State-of-the-art Digital Games Compendium
- Something for all your members to enjoy!
- You won't get this from any other supplier!

Huge range of machines available for immediate delivery!







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#### BLACKPOOL & LANCASHIRE

## You've been to the rest — now visit the best!

Voted the best club in the North West on TV's "The One Show"

#### BLOOMFIELD CLUB & INSTITUTE

128 Bloomfield Road, Blackpool FY1 6JW
Free entertainment seven nights a
week along with your favourite games
• Bingo • Tote • Supa5

The club is on one level with disabled toilet facilities. Coach parties and football fans welcome.

Contact Secretary on (01253) 344583

## ROSEGROVE UNITY Working Men's Club

Holme Lodge, Rossendale Road, Burnley,
Lancs, BB11 5DL.

Situated 2 minutes from Junction 9 on M65.
Large car parking space available.
Entertainment Friday, Saturday and Sunday.
Bookings must give 14 days' notice.
contact Secretary on 01282 431 363 or
e-mail rosegrove20@mail.com

#### GOING TO THE RACES? Why not try

# BURNLEY MINERS WMSC

As seen on TV.

2 minutes from the Town Centre and Turf Moor.
Entertainment Friday, Saturday and Sunday.
Coach parties by appointment.
Breakfast and/or evening meal.

Tel: Bar (01282) 422 791 or Office (01282) 835 429

#### BRIGHTON & SUSSEX

#### EASTBOURNE & DISTRICT TRADE UNION CLUB & INSTITUTE LTD

Clapham House, 48 Seaside, Eastbourne, East Sussex BN22 7QL.

A warm welcome is guaranteed to all CIU associates and guests. A good selection of reasonably priced beers and spirits available. Temporary membership can be arranged at the door for all holiday makers. Large groups or coach parties are welcome with prior arrangements. Situated 5 minutes walk from the

Please contact secretary on (01323) 365738.

#### **EASTBOURNE WORKING MEN'S CLUB**

102/104 Firle Road, Eastbourne BN22 8ET. Tel: (01323) 723322 Email: ewmcltd@gmail.com www.ewmc.club

Visit the one and only workers' club in our lovely South Coast town. We have live music, raffles, bingo, darts, snooker and pool. See our website for coming events. A warm welcome to CIU members all year

#### Littlehamoton Trades & Labour Club

Wick Street, Wick, Littlehampton BN17 7JH. Telephone (01903) 714 054 A warm welcome awaits all visitors. Facilities include darts, crib and Sky TV. Catering for private parties can be arranged (14 days' notice please). Live entertainment every Saturday. Coach parties welcome with prior notice, please contact the Secretary.

#### ESSEX & EAST ANGLIA

#### SOUTH BENFLEET SOCIAL CLUB 8 Vicarage Hill, Benfleet Essex SS7 1PB

01268 206159

We have been in the Good Beer Guide as we have won the CAMRA Award for Best Club of the Year (for real ale) 2014, 2015, 2016 & 2017.

We have live entertainment every Saturday and karaoke last Friday of the month. We have SKY Sports and BT Sport and a function hall

#### COMRADES SPORTS & SOCIAL CLUB, CLACTON

205 Old Road, Clacton-on-Sea, Essex C015 3LT
A warm and friendly welcome to all visitors, we are
within walking distance to the seafront. We have live
entertainment Saturday evening, disco Sunday
aftermoons, karaoke Tuesday and Saturday afternoons.
We have a back garden and car parks both front and
back. BT sport, pool, darts, bingo and raffles. Coach
parties welcome by ringing the Secretary in advance on

#### SHERINGHAM TYNESIDE CLUB

95 Station Road, Sheringham NR26 8RG Safe beer garden and parking. Great home-made food at great prices seven days a week. Coaches welcome, contact the Secretary in advance on

#### (01263) 822570

#### Naval & Military Club (Southend-on-Sea)

20 Royal Terrace, Southend SS1 1DU. **Tel: (01702) 347169** 

A warm and friendly welcome awaits you. Large rear garden and roof terrace with fantastic views overlooking the seafront and estuary.

Live entertainment Saturday nights and Wednesday afternoons. Hot and Cold Food available every day of the week.

Local Real Ale Club of the Year.

Coach parties welcome but must contact the Secretary/Chairman prior to the visit.

#### **FELIXSTOWE TRADES & LABOUR CLUB**

182 High Road West, Felixstowe IP11 9BB
Offers a warm welcome to all visitors. We are open 7
days a week from midday offering a good selection of
beers. Entertainment every Saturday night.
Visit our website for more info:

www.ftalc.co.uk

#### WALTON-ON-NAZE RBL CLUB

Vicarage Lane (off High Street)

Visiting the seaside?

Our newly refurbished and refitted club extends a warm welcome and friendly atmosphere. Two minutes from beach front. Good range of drinks and bar snacks available New memberships available.

CIU and RBL affiliated coach parties welcome! Free finger buffet for 49-seater coach visit! Upgraded buffet at a discount.

Contact Secretary on (01255) 674153

#### HAMPSHIRE & ISLE OF WIGHT

#### Leigh Park and District TUWMC

439 Dunsbury Way, Havant PO9 5BD
The largest club on the South Coast
Situated 2 miles from A3(M) and A27 and within 20
minutes' drive of Goodwood and Fontwell Races.
Visiting clubs welcome.
Live bands on Saturday nights
and food, darts, snooker and pool available all week.
Please contact the Secretary on

(023) 92472624
email: workingmens.ins@btconnect.com
website: www.workingmensclubleighpark.co.uk.

#### **Newport (I.W.) Social Club**

13-14 Lower St James Street, Newport,
Isle of Wight P030 5HB. Tel: (01983) 527 291
Situated in the centre of town, with a warm friendly
atmosphere where you can bring
family and friends.
Open all day, function room, snooker room,
darts, pool and jukebox.
Kitchen now open 7 days a week for hot and
cold food.
Coach parties always welcome
by prior arrangement.

#### COWES COMBINED SERVICES & SOCIAL CLUB

85 High Street, Cowes, Isle of Wight P031 7AJ.

A warm and friendly welcome is
extended to all visitors.

Situated on the sea front with panoramic
sea views from the stage dining area,
the club has one of the best views in the country.
Ideal for parties and outings.

Freshly prepared meals available 7 days a week.
Disabled facilities.
Coach parties very welcome,
please notify Secretary or bar manager

in advance. Entertainment Friday and Saturday evenings. Tel: (01983) 716482 email: cowescssc@onwight.net

#### HEREFORD & WORCESTERSHIRE

#### **Hereford Welsh Social Club**

1 Hinton Road, Hereford, HR2 6BL. Tel: (01432) 269038/265874 Email: herefordwelshsocialclub@hotmail.co.uk

A friendly welcome is extended to all Associate
Members. Live Entertainment every Saturday evening.
Hot and cold food available.
Coaches welcome (please contact Secretary
prior to your visit).
Please visit our website:
www.herefordwelshsocialclub.co.uk
"Hereford's most popular social club"

#### RICHMOND PLACE CLUB

69/71 EDGAR STREET, HEREFORD HR4 9JP
Live entertainment every Saturday.
Monthly Country & Western and Blues nights.
Hot and cold food available. Disabled facilities,
real ale, Wrestling nights.
Sunday Jazz Nights (monthly).
Shoppers and coach parties very welcome.
Parking for coaches.
Contact Secretary,
Les Walker on (01432) 356 529.

email:richmondclubsecretary@btconnect.com

#### **KENT**

#### BEXLEYHEATH WMC

Royal Oak Road, Bexleyheath. DA6 7HG
Telephone (0208) 303 2163
Friendly atmosphere, comfortable surroundings and an
excellent range of beers to quench your thirst. Everything
you require on your visit to Bluewater and Lakeside
shopping centres. Refreshments available.
(Please give advance notice).

#### SUNDRIDGE PARK WMC

134 BURNT ASH LANE, BROMLEY.
Tel: (020) 8464 3638 (Office); (020) 8460 6348 (Club)
Located close to A21 and A20. A warm welcome is
extended to all visitors. Two bars serving a wide range
of drinks. TV in bar and the lounge. Purpose-built snooker room
with four tables. Live entertainment Saturday and Sunday
evenings. Coach parties by prior arrangement with the office.

#### LEEDS & WEST YORKSHIRE

#### Belle Isle WMC

Belle Isle Road, Leeds LS10 3PE. Warm and friendly club with large car park, good value beer and large concert room. Live bands Friday, Saturday and Sunday. Coaches welcome.

Contact Secretary on (0113) 2718 768.

#### Visiting Blackpool or Yorkshire Coast? Haydock Park or York Races?

Then call at: Elland Working Men's Club
Roseberry Street, Elland, West Yorkshire HX5 OHT
For your breakfast on the outward journey. And for an evening's
splendid entertainment on your way home. We are only 2 miles
from Junction 24, M62 on the A629. A warm welcome extended
to all Associate Members. Live entertainment on Saturday
nights. Dancing on Thursdays to our resident organist. Fully
modernised Concert Room and Lounge. Excellent Games Room.
Floodlit Bowling Green. Large Car Park. Sky Sports, BT Sports and
free WI Fl are available. Coach Parties welcome – please let us
have 14 days' notice in writing to the Secretary Steve Graydon.
Tel: Club (01422) 373 023. www.ellandwmc.web.com.
Telephone pre-bookings to be confirmed
in writing to the Secretary.

#### SWARCLIFFE WORKING MEN'S CLUB

Swarcliffe Avenue, Leeds LS14 5DE
A warm and friendly welcome always assured in the comfortable surroundings of our recently refurbished club. Live entertainment every Friday, Saturday and Sunday evening. Relax in the quiet of the lounge or try a game of snooker on one of our three superb tables.

Big screen Sky Sports TV.

#### Planning a day at the races?

York, Wetherby, Ripon.
We are 2 minutes from the A64 and 5 minutes from the M1. Breakfast and evening meals for large parties available by appointment.
Contact: Glen Doyle (Secretary) - (0113) 2959100

#### LEICESTER & EAST MIDLANDS

#### **Nottingham Oddfellows Club**

89 Humberstone GATE, Leicester.
TELEPHONE: (0116) 262 0181
262 5404 (Evenings) - CIU Affiliated
City Centre Club. Coach park right outside premises 2
minutes from centre of Leicester. Coach parties and
parties always welcome. Food supplied hot or cold 7 days' notice or please phone prior to visit. Children
welcome. Dances Monday, Tuesday and Friday.
Entertainment available.
Phone or write to Secretary Eric Johnson

#### SKEGNESS EX-SERVICE CLUB

2 Grand Parade, Skegness, PE25 2UN.
Telephone: (01754) 762113
Located on the seafront near the clocktower, 2-3 mins from town centre. Lounge bar, pool/children's room, 1st floor patio area. Reasonably priced beers/lagers and house doubles. Selection of chilled baps. Live entertainment every Saturday (Sundays main season). Sky and BT Sport shown. Open 11.30 – 11.30 most days. Pre-booked coaches welcome – come to a completely refurbished 21st century club.

#### LONDON

#### THE HAMMERSMITH CLUB

Rutland Grove, London W6 9DH
10 mins' walk from Fulham FC and less than 25
mins by local transport to Chelsea and QPR. A
warm and friendly welcome to away fans looking
for good hospitality and a relaxing drink.
Also 20 mins to Westfield, Europe's largest shopping
centre and 30 mins to West End theatres.

Contact Thomas on 07798 735267 or visit www.hammersmithclub.co.uk

#### HARROW ROYAL BRITISH LEGION

Northolt Road, South Harrow HA2 ODW.
Extends a warm welcome to all Associate
members and guests.
Situated 10 minutes from
the A40 and 20 minutes from Wembley
Stadium. Coach parties welcome with prior notification

**0208 422 1222**For entertainment details check our website.

#### **HAYES WMC**

Pump Lane, Hayes, Middlesex UB3 3NB.
Telephone: (020) 8573 1721
e-mail: bobdaybell@aol.com
Why not visit the flagship of clubs in the South? Ascot,
Kempton Park & Sandown racecourses all nearby. Live
bands every Friday and Saturday night. Late night
cabaret last Saturday of every month, at least 3 acts,
charge for entry, late bar.
Catering available weekends, orders taken in
advance to your requirements.

#### Visit our website: www.hayesworkingmensclub.com

for our full entertainment programme.
Coaches welcome by prior arrangement with
the secretary.

## WILLESDEN WORKING MENS CLUB

202 Villiers Road, London NW2 5PU Email: wwmc1@hotmail.co.uk Tel: 020 8459 5846

A warm and friendly atmosphere, situated within 2 minute walk from Dollis Hill Station, NW2. 2 stops to Wembley Stadium/Arena. 20 minutes to Central London. Coach parties welcome by prior appointment.

> Visiting London? Going Shopping? Stop off at the

#### The Wood Green Social Club 3 Stuarts Crescent, Wood Green London N22 5NJ

#### Tel; 0208 8889917 Email:woodgreensocialclub@tiscali.co.uk

Where? Not far from Brent Cross shopping centre.
On the way through to Lakeside and Blue Water.
We offer good food and a warm welcome.

## NORTHAMPTONSHIRE & CAMBRIDGESHIRE

#### St James Working Mens Club

The above club extends a warm welcome to all associate members.

Facilities include bar with television with BT Sport, lounge, snooker room and large function room,free of hire charge for parties and weddings. 5 mins from M1 Junction 15A.

Email stiameswmc2@qmail.com

#### SHEFFIELD & SOUTH YORKSHIRE

#### ARMTHORPE CORONATION CLUB

Tranmoor Lane, Armthorpe,
Doncaster DN3 3BS.
Handy for racecourse and Doncaster Rovers.
Close to M18. Big screen TV, entertainment
every weekend.
Ring Club Secretary Alan Jones on
(01302) 831 393.

#### **Arundel Ex-Servicemen's Club**

City Road, Sheffield
A friendly Club close to Town Centre
Facilities include:
a 500 seat Concert Room, two other lounges and a
Games Room. Great Cabaret every night except
Tuesday and Wednesday.
Coach parties please contact
Mr B. Simmonite.
Children allowed up to 10 years
Catering for Buffet if required.
Telephone: (0114) 239 7151

#### **BARNBY DUN SOCIAL CLUB**

High Street, Barnby Dun, Doncaster DN3 1DS
A warm and friendly welcome awaits you.
The club is just off the High Street and so close
for the football and racing.
There is a busy entertainment programme,
the chance to hire/use the function room as well as
reasonable prices.

Please call Steve Fearon 01302 882936 to book your visit in.

#### **CARCROFT CLUB**

Chestnut Avenue Carcroft, Doncaster DN6 8AG

Extends a warm welcome to all CIU affiliated members.

Coach Parties welcomed by prior arrangement.

1 mile from A1 and close to M1, M18 and M62.

Top class entertainment every weekend.

Handy for Doncaster Races and trips returning from

North or South coastal routes.

Big screen TVs and live football

All enquiries to

#### Jim Hutchinson, Secretary on (01302) 725497;

email: secretary@carcroftclub.com website: www.carcroftclub.com

#### HAWTHORN RECREATIONAL & SOCIAL CLUB

Goodison Boulevard, Cantley, Doncaster. **Tel: (01302) 535 995** 

Easily accessible for the Racecourse. Big screen Sky TV. Artistes on Saturdays.

#### **INTAKE SOCIAL CLUB**

Craithie Road, Doncaster DN2 5EG.
We are the closest club (5 minutes' walk) to
Doncaster Racecourse. We can get racing tickets for you.
Bar snacks available. Tremendous value for money
bar prices. Contact Secretary Tom Forester
in advance on:
(01302) 320 036
or email intakesocialclub@qmail.com

#### **SURREY**

#### **EGHAM UNITED SERVICES CLUB**

111 Spring Rise, Egham, Surrey TW20 9PE.

"North Surrey CAMRA Club of the Year 2008 & 2009" "Finalist for CAMRA Club of the Year 2009"

Located 5 minutes from J13 M25, handy for Windsor Castle and races, Kempton, Ascot, Epsom and Sandown. 5 mins from Egham Station on the Waterloo to Reading line. Three real ale and cider festivals a year.

Tel: (01784) 435120 or (07738) 714572

(Real Ale Festivals and Party Bars also arranged)

# DAY OUT RACING ESHER W.M.C.

142 Esher High Street, Esher, Surrey. **Telephone: (01372) 467 758**Sandown Race Course within walking distance.

Sandown Race Course within walking distance.

Kempton Park and Epsom also nearby.

A warm welcome is extended to all associate members.

#### THAMES VALLEY

#### **Banbury Trades & Labour Club**

32 West Bar Street, Banbury, Oxon OX16 9RR.
Tel: (01295) 254 168.
A warm welcome is extended to all Associates.
Coach parties welcome with 14 days prior notice
to Secretary Joan Conley.
Live entertainment on
Saturday night. Food available. Please contact
Secretary with your booking.

#### **WALES**

#### CARDIFF WEST END SOCIAL CLUB

COWBRIDGE ROAD WEST, ELY, CARDIFF CF5 5BY.

A very friendly welcome to CIU Associates and their families from CARDIFF'S PREMIER SOCIAL CLUB.

10 minutes from M4. 15 minutes to city centre.

Millennium Stadium, Cardiff International Arena,
St. David's Hall/ Centre, Cardiff Bay.
Live entertainment every

Saturday night with Bingo/Raffle/Tote/Disco
FULL SKY SPORTS/RACING UK.
Hot and cold food available.
COACH PARTIES MOST WELCOME.

Telephone: (029) 2059 4004

#### **Bettws Social Club**

Lambourne Way, Bettws, Newport, Gwent.
A warm friendly welcome assured to all CIU affiliated members and guests.
Less than 10 minutes from junction 26 of the M4.
Coach parties welcome by prior appointment.
Live entertainment every Saturday evening.
Catering can be provided by arrangement.
Tel: (01633) 858 780.

Going to Premiership Swansea City or racing at Ffos Las?

#### **MORRISTON WMC**

11 Slate Street, Swansea SA6 8AA.
A friendly club which makes visitors welcome.
Liberty Stadium 15 minutes, Ffos Las 45 minutes,
Ospreys 15 minutes. 10 minutes from M4 Junction 45.
Coach parties welcome with advance notice.
Ring (01792) 771580

#### **Rogerstone and Bassaleg Social Club**

1 Tregwilym Road, Rogerstone, Newport NP10 9DW.

A warm friendly welcome assured to all CIU
affiliates and guests, less than 10 minutes from
junction 27 of the M4.
Coach parties welcome by
prior appointment, live entertainment every
Saturday evening.

Telephone: (01633) 893 508.

#### WARWICKSHIRE & COVENTRY

#### BEDWORTH EX-SERVICEMEN'S SOCIAL CLUB & INSTITUTE

Rye Piece, Bedworth. Tel: (024) 7631 3236
Extends a warm welcome to all associates
Bar Meals & Restaurant Facilities Tuesday - Sunday
5 Minutes from The Home of the WASPS & COVENTRY CITY
- The Ricoh Arena. Package deals Free parking/Pre-match meal/Minibus to/ from
ground/Post match meal.
Real Ales available.
Saturday Night Live Entertainment
Saturday/Sunday Bingo.
Contact Secretary for bookings

#### Willenhall Social Club

Robin Hood Road, Coventry CV3 3BB.
Secretary: (024) 7630 1222 or 7630 3278.
Welcome to all Associate Members.
Entertainment every Saturday and Sunday night in concert room (seats 600).
Bar, games room and luxury lounge facilities.
Large car park. Hot and cold snacks available.
10 minutes from City Centre.
No Children Allowed.
Coach parties apply to Secretary.

#### WARWICKSHIRE & COVENTRY

#### **HEN LANE SOCIAL CLUB**

Beacon Road, Holbrooks, Coventry CV6 4DS.
5 minutes from M6 Junction 3, 10 minutes' walk from Ricoh Arena, minibus from club on match days. Excellent function room and facilities. Hot and cold snacks available at all times.

Prior notice required for coach parties and catering (menu sent on request).

Please contact the Secretary.

Tel: (024) 7672 4830;

Office: (024) 7672 4832.

#### **WEST COUNTRY**

#### THE ANZAC CLUB

Anzac Street, Dartmouth, Devon TQ6 9DJ (01803) 832661

A warm and friendly welcome awaits all affiliated members and guests. Coach parties welcome, please give 14 days' prior notice.
Catering for buffets can be arranged.
Situated behind St Saviour's Church.
Please like us on Facebook.

#### WEST MIDLANDS & BIRMINGHAM

#### REMEMBRANCE CLUB LTD

10 CHESTER ROAD CASTLE BROMWICH BIRMINGHAM B36 9DD Extends a warm welcome to all Associate Members. Live entertainment every Saturday and Sunday evening. Ballroom Dancing Tuesdays. Large comfortable lounge. Games Room. Ample parking.

Close to M6/M42 (nr. Spaghetti Junction). Coaches by arrangement. Contact the Secretary. (0121) 747 5256 / 747 2943

#### **GREENLANDS SELECT SOCIAL CLUB**

A lively and friendly club.

We provide live entertainment Friday and Saturday evenings, bingo Tuesday pm, Friday pm and Sunday lunchtime, large TV showing Sky and BT Sport, Play and Stay playgroup Tuesday Wednesday and Thursday am. Line dancing Tuesday 1pm - 3pm. Close to the M42 junction 2 we would welcome football supporter coaches with prior arrangement and indeed any coaches by prior arrangement with the club secretary and can provide hot and cold food if given notice.

Please call Mrs Lynn Orme. Club Secretary, on 0121 475 2553 (8.30am till 1pm **NOT Thursday or Sunday.)** 

#### **Yardley Wood Social Club**

118 School Road, Yardley Wood, Birmingham B14 4 IR Club Tel: (0121) 474 2026 Sec: (0121) 474 3725

Visit our brand new website: www.vardlevwoodsocialclub.com

Two large TV screens, 6 snooker tables, bingo and weekly entertainment, bowling green. Function rooms availablefor hire and catering. Large car park at rear of the club. Associate members welcome

#### YORKS (N&E) & NORTH EAST

#### HAXBY SPORTS BAR

Haxby Sports & Social Club, 64 North Lane, Haxby, York Y032 3JP

Coming to York? Races, football, rugby, day out? Visiting Millers, UK's best fish and chip shop 2018? Excellent facilities in our modernised bar with great prices and variety. Sky Sports and BT Sport on 8 TVs, pool, snooker, darts, regular live entertainment and room hire available.

Tel: 01904 768 300

#### BEECHWOOD, EASTERSIDE & DISTRICT **SOCIAL CLUB**

Broadwell Road, Easterside, Middlesbrough TS4 3PP. (Opposite The James Cook University Hospital) Live music every night with bingo, totes and raffles. Large bar with 4 snooker and 2 pool tables, 2 dart boards and all Sky sports channels. Two smoking areas with heated Beach Huts.

Coach parties welcome with prior notice to The Secretary.

> Tel: (01642) 318789 Check the website it's all on there:

www.beadsclub.co.uk

Going to watch Sunderland or Newcastle United? Visit

#### **BELMONT CLUB** & INSTITUTE

Grange Road, Carrville, Durham DH1 1AJ Friendly club. Football and other sports supporters welcome. Large screen TVs. Coach parties by arrangement. Tel: (0191) 386 1487

#### CENTRAL WMC

Tel: (01325) 464054

Situated near town centre, five minutes from A1(M). Associate members and coach parties are welcome as are football and racing followers. Please give prior notice. Live entertainment and catering by private arrangement. Room available for birthdays. engagement parties, wakes and weddings.

#### CHILTON & WINDLESTONE WMC

Darlington Road, Chilton, Co. Durham DL17 OEY Great facilities in our modern bar, lounge and concert hall. Sky Sports - Snooker - Pool - Regular Entertainment Convenient for M/bro. S/land. N/cle football matches. Only 3 miles from A1(M), 5 miles From Sedgefield Racecourse For bookings contact the Secretary on

#### 07789 003529

or email via our website at www.chiltonwmc.co.uk Situated on the main road in Chilton – look for the flagpole!

#### **GRINDON BROADWAY** SOCIAL CLUB C.I.U.

Gregory Road, Grindon, Sunderland SR4 9RX Tel 0191 5342898

Situated 3 mile from The Stadium of Light and city centre, and 10 mile from St.James Park Newcastle, Easy access from the A1 and A19, an ideal stop off for travelling football supporters. A friendly atmosphere, welcoming coach parties and free food is available on request.

Contact Dave 07735237011

#### **NEW YORK CLUB** & INSTITUTE LTD

22-26 Blossom Street, York YO24 1AJ. Tel: (01904) 612 244 newyorkclub@btconnect.com 300 yards from station on way to racecourse. Warm and friendly welcome to all Associate Members and guests. A great place to call into before or after your visit to York. Beer garden and 42" screen with Sky TV. Parties and buffet-style catering by prior arrangement.

#### **King Street Social Club**

Phoenix House, 27 King Street, North Shields NE30 1BZ. Telephone: (0191) 2900473.

Situated on the main road from North Shields to the coast. Main bingo sessions are Tuesday and Friday evenings and Sunday morning. Top class live entertainment every weekend supported by resident band "Soul Machine". Coach parties welcome with prior notification to the Secretary David Farrell.

Telephone (0191) 2900474.

#### **NORTHALLERTON & DISTRICT WMC**

Elder Road, Northallerton, DL6 1NH. Tel: (01609) 772390 Email: Northallertonwmc@hotmail.co.uk

Situated in the picturesque county town of North Yorkshire, with easy access to A19 and the A1, we extend a warm welcome to CIU associates. Only 15mins from Catterick, Ripon and Thirsk racecourses. Racing and football channels showing on four TVs. Live entertainment and bingo Saturdays and Sundays.

#### **North Biddick Social Club**

Bonemill Lane, Fatfield, Washington NE38 8AN. Excellent riverside location. Five minutes from A1(M) with excellent car/coach parking facilities. Games room with 2 snooker tables and 2 pool tables. Restaurant facilities and buffets catered for.

Why not call on your way to see football games or cricket games in the area? Coaches welcome by prior arrangement with Secretary Michael Normile on

(0191) 416 0148

Why not visit our website at www.northbiddickclub.co.uk

#### **VICTORIA SAILORS & WMC**

3 Cliff Street, Bridlington YO15 2NJ Tel: 01262 605093

Warm & friendly welcome offered to all C.I.U members, affiliated members & guests. Situated town centre, 200 metres from the beach and harbour. 2 snooker tables, pool, darts, cards and dominoes. Fully functional kitchen open 7 days a week. Bingo 5 nights a week and live entertainment every Friday and Saturday. All Coach parties welcome with prior arrangements.

Contact Derek or Jacky for more information.

#### CATTERICK SOCIAL CLUB

SUNNYSIDE HOUSE, 20 HIGH ST CATTERICK VILLAGE NORTH YORKS DL107LJ

#### TEL 01748 811564

Located on the Great North Road, and ideally situated for racegoers attending Ripon, Thirsk, York, Sedgefield and Catterick. Adjacent to A1(M) North and South. Coaches welcomed with prior notification, please call the above number, evenings only. Live entertainment, large screen TVs, pool table, and all usual club facilities. CIU members, affiliates and quests assured of a warm welcome. 120 seat function room available free to club members for private parties, etc.

#### City of York Tramways Employees' **Club and Institute**

1 Mill Street (off Piccadilly), York YO1 1PY. Entertainments Fridays, Saturdays and Sundays. Prize games. Concert room (seating 275), Games Room, Bar and live Sky Sports TV. Visiting Associates are welcome. Parties by arrangement.

Telephone: (01904) 623 953

#### **East End WMC Darlington** 6 Neasham Road. Darlington DL1 4AD

A friendly club we provide entertainment on Saturday & Sundays evenings, plus bingo & raffles also Quiz on Mondays and bingo, Wednesday bingo & raffle. Situated close to railway station. A snooker room plus pool table, BT Sport. Disabled facilities and lift to concert room. Function rooms available for most occasions. Coach trips welcome with prior notice.

> **Contact office on** 01325 380726 or bar 01325 464652.

#### MEMBERS' CORNER

Informative articles which affect our life

by Dione Mobley

What is the Glycemic Index and what does it

The Glycemic Index, known as 'GI', is a number associated with the carbohydrates in a particular type of food that indicates the effect of these carbohydrates on a person's blood glucose (also known as 'blood sugar').

The GI represents the rise in a person's blood sugar level two hours after the consumption of the food.

If we consume too much sugar or indulge in over processed foods not only can sugar increase our weight, it can sometimes have significantly bad effects on a person's long term health.

Checking ingredients by reading labels at the supermarket may seem like an extra task but it is important because we may not be aware just how much sugar many of our favourite foods contain.

This includes many children's cereals, breads and pastries while soft drinks often contain a lot more sugar than we may

With the Government's increasing worries about children's eating habits and the general rise in obesity, scientific research shows by understanding the value of eating a low GI diet you will have a better shopping guide for your groceries and which foods to try to avoid or eliminate from your shopping

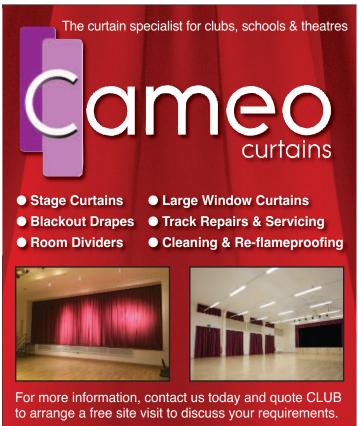
Eating a sensible well-balanced, low GI diet can significantly reduce the risk factors associated with developing Type 2 diabetes, heart disease and other degenerative

In the UK we have so many different food venues, it can be extremely hard to avoid fast food chains altogether, but you can check menus to make healthier choices.

If possible, avoid food high in saturated fats, additives, flavourings or preservatives, as they do not have any real nutritional value and as science has proved are not good for maintaining a healthy lifestyle.

#### **PRIZE CROSSWORD**

# FAST DELIVERY - UK STOCKIST- CONTRACT QUALITY FAST DELIVERY - UK STOCKI



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#### Every month we give five £10 prizes to five lucky correct entrants.

#### **ACROSS**

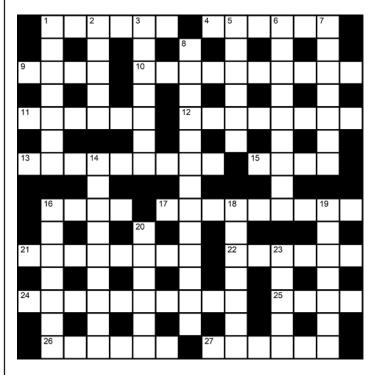
- 1 Husky that sounds like a nag! (6)
- 4 This can rid men of the need to jog memory! (6)
- 9 A rag about what to grow bugs in...
  (4)
- 10 Artful said to be sweet... (5,5)
- 11 Averts, but able to deprive of food.(6)
- 12 Foreseeing, but not of how to give vim! (8)
- 13 Saws hadn't been used for preplumbing feature. (9)
- 15 Jog a bit? What rot! (4)
- 16 Work payment used before war, sometimes. (4)
- 17 Army is all over the plant... (9)
- 21 Approach new radar complex. (4,4)

- 22 Reacts badly to sugar. (6)
- 24 Removed tin to make way for Italian music-maker. (10)
- 25 Discount outside as far as can be seen inside. (4)
- 26 Dried out from the Orient? Treat with contempt! (6)
- 27 Hang around hornless type of African republic. (6)

#### DOWN

- 1 When you need a tall seat to eat? (4.3)
- 2 Clothes horse that's rare, I suggest.
- 3 Tests, of a kind that are the gentlest. (7)

- Main dish, between French and English leader. (6)
- 6 Speech found on URL designed in Guiana. (9)
- 7 Determined not to be sedated. (4,3)
- Runs like an emu at prayer? That's over and above! (13)
- 14 Featherweight, just feet away from peak tide. (4,5)
- 16 Drawl, or confuse military leader. (7)
- 18 Musical treatment for cradle? (7)
- 19 A tinier mistake to cause resistance to movement (7)
- 20 Verdi play it loud and impassioned. (6)
- 23 Disdain of Tottenham Hotspur? No way! (5)



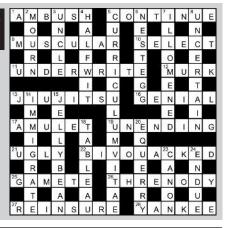
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Send your entry to Club Journal Crossword, Alchemy Contract Publishing, 59/60 Thames St, Windsor, Berkshire, SL4 1TX Deadline August 25.

## CROSSWORD SOLUTION

Congratulations to the five winners of our £10 Prize Crossword for July.

Mr DC Smith of Tunbridge WMC Pat Craig of Mill Hill WMC Noel Jones of Kingston WMC MA Gross of Hayes WMC Roy Middleton of Bloomfield WMC





Sunday, August 5, 3pm – BT Sport

FA Community Shield: Manchester City v Chelsea

The traditional curtain raiser for the new season as 2017-18

Premier League winners Manchester City take on FA Cup
winners Chelsea at Wembley. Many of the stars who
graced the 2018 World Cup will be on display at the home
of English football, ensuring that the season gets off to an
eventful start.



Thursday, August 9, 10.30am – Sky Sports Cricket

Cricket: England v India – 2nd Test

Lord's is the venue for the 2nd Test of this five-Test series.

The last series between these sides, on Indian soil in 2016, was something of a disaster for England as they crashed to a 4-0 series whitewash against their hosts. The tourists are currently ranked No.1 in the ICC Test Rankings and will pose a major challenge to the home side.

# **SPORTING HIGHLIGHTS**

The new football season begins in August with some choice fixtures in the Premier League, including Arsenal v Manchester City, Chelsea v Arsenal and Manchester United v Tottenham Hotspur

Saturday August 4 5.30pm Sky Sports Football Championship Football: Sheffield United v Swansea City

Sunday August 5 3pm BT Sport FA Community Shield: Manchester City v Chelsea

Sunday August 5 4.3opm Sky Sports Football Championship Football: Leeds United v Stoke City

Tuesday August 7 2.30pm Sky Sports Cricket Kia Super League: Lancashire Thunder v Surrey Stars

Tuesday August 7 7.45pm Sky Sports Football Championship: Nottingham Forest v West Bromwich Albion



Thursday August 9 10.30am Sky Sports Cricket International Cricket: England v India - 2nd Test

Thursday August 9 7pm Sky Sports Cricket Kia Super League: Yorkshire Vikings v Lancashire Lightning Friday August 10 8pm Sky Sports Premier League Premier League: Manchester United v Leicester City

Saturday August 11 12.30pm Sky Sports Premier League Premier League: Newcastle United v Tottenham Saturday August 11 12.30pm ITV4 Horse Racing: Ascot & Haydock Park

Saturday August 11 5.30pm BT Sport **Premier League: Wolverhampton Wanderers v Everton** 



Wednesday, August 22, 12.30pm – ITV Horse Racing: The Ebor Festival

The Ebor Festival gets underway at York with top-class racing across all four days of this prestigious event. Opening day sees the Group 1 Juddmonte International taking place. This is the richest race of the season at York and the illustrious list of previous winners includes such names as Frankel, Sea The Stars and Giant's Causeway.



Monday, August 27, 8pm – Sky Sports Premier League Premier League: Manchester United v Tottenham

A massive Monday Night fixture as United take on Spurs. Honours were even between these two sides last season, United winning 1-0 at Old Trafford in December 2017 and then Spurs gaining revenge with a 2-0 victory at Wembley. After his inspirational leadership in Russia with England, all eyes will be on Tottenham striker Harry Kane.

Sunday August 12 1.30pm Sky Sports Premier League **Premier League: Liverpool v West Ham** 

Sunday August 12 4pm Sky Sports Premier League **Premier League: Arsenal v Manchester City** 

Tuesday August 14 7.45pm Sky Sports Football Carabao Cup: 1st Round -Yeovil Town v Aston Villa

Wednesday August 15 7pm Sky Sports Cricket Vitality Blast Cricket: Birmingham Bears v Lancashire Lightning

Wednesday August 15 7.45pm BT Sport 2 **UEFA Super Cup: Real Madrid v Atletico Madrid** 

Thursday August 16 7.45pm Sky Sports Football Carabao Cup: 1st Round -Sunderland v Sheffield Wednesday Saturday August 18 10.30am Sky Sports Cricket International Cricket: England v India - 3rd Test

Saturday August 18 12.30pm ITV4 Horse Racing: Newbury, Newmarket & Ripon

Saturday August 18 12.30pm Sky Sports Premier League **Premier League: Cardiff City v Newcastle United** 

Saturday August 18 5.30pm BT Sport **Premier League: Chelsea v Arsenal** 

Sunday August 19 1.30pm Sky Sports Premier League Premier League: Manchester City v Huddersfield Town

Sunday August 19 4pm Sky Sports Premier League Premier League: Brighton & Hove Albion v Manchester United Monday August 20 8pm Sky Sports Premier League Premier League: Crystal Palace v Liverpool

Wednesday August 22 12.30pm ITV Horse Racing: Ebor Festival, York - Day 1

Wednesday August 22 7.45pm Sky Sports Premier League Championship Football: Aston Villa v Brentford

Friday August 24 7.45pm Sky Sports Football Championship Football: Middlesbrough v West Bromwich Albion

Saturday August 25 12.30pm Sky Sports Premier League **Premier League: Wolverhampton Wanderers v Manchester City** 

Saturday August 25 5.30pm BT Sport **Premier League: Liverpool v Brighton & Hove Albion**  Saturday August 25 5.30pm Sky Sports Football Championship Football: Nottingham Forest v Birmingham City

Sunday August 26 1.30pm Sky Sports Premier League Premier League: Watford v Crystal Palace

Sunday August 26 2pm Sky Sports F1 **F1: Belgian Grand Prix** 

Sunday August 26 4pm Sky Sports Premier League Premier League: Newcastle United v Chelsea

Monday August 27 8pm Sky Sports Premier League Premier League: Manchester United v Tottenham

Thursday August 30 10.30am Sky Sports Cricket International Cricket: England v India - 4th Test

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#### **WOLVES** ∨ **EVERTON**

Saturday 11th Aug 5.30pm

#### **CHELSEA** ∨ **ARSENAL**

Saturday 18th Aug 5.30pm

## **LIVERPOOL** ∨ BRIGHTON Saturday 25th Aug 5.30pm

#### **MAN CITY** $\vee$ **NEWCASTLE**

Saturday 1st Sep 5.30pm

#### **WATFORD** $\vee$ **MAN UTD**

Saturday 15th Sep 5.30pm

#### **BRIGHTON** V **SPURS**

Saturday 22nd Sep 5.30pm

#### **WEST HAM UTD** $\vee$ **MAN UTD**

Saturday 29th Sep 12.30pm

#### **CHELSEA** ∨ **LIVERPOOL**

Saturday 29th Sep 5.30pm

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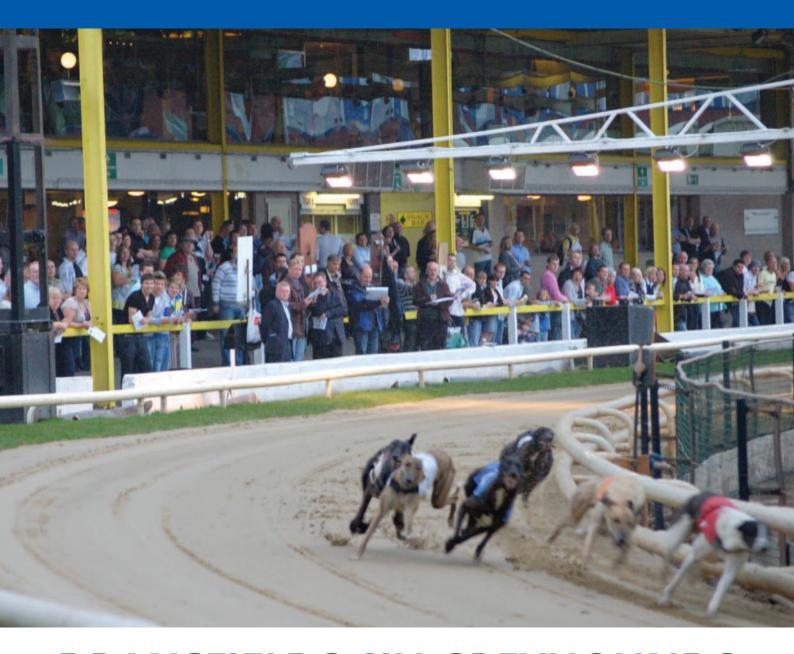


www.dransfields.com



# CIU Events





# DRANSFIELDS CIU GREYHOUNDS RACENIGHT, SHEFFIELD

**TUESDAY, SEPTEMBER 18** 

# The Dransfields CIU Racenight 2018



Sheffield's iconic Owlerton Stadium will be hosting the Dransfields CIU Racenight on Tuesday, September 18.

This great event is a fantastic opportunity to witness some top-class dog racing on one of the best tracks in the country and have a good night out with some club colleagues.

What's more, tickets for the evening are free to CIU members and include a drink, nachos and a bet, so there's even more reason to come along and enjoy yourselves. There are also upgrade packages available. (Please contact Sean Ferris for details – sean@clubjournal.co.uk)

As in previous editions of this annual event, a total of 14 races will take place throughout the evening, making for a fast-paced night of action.

Owlerton is one of the key centres for

greyhound racing in the UK with its kennels producing many famous champions in the blue ribands down the years.

Union President George Dawson CMD, Union General Secretary Kenneth D Green CMD and other members of the NEC will be attending the event, along with representatives of many of the Union's Preferred Suppliers, including racenight title sponsors Dransfields.

Even if members of your club can't make it to Sheffield on the night, you can still get involved in the action by taking part in the annual CIU Greyhound Sweepstake by picking the winning dog in the Dransfields CIU Final.

Owlerton Stadium itself is very easy to travel to, being just five minutes away from Sheffield's City Centre so don't miss out on this great CIU event.

For more information, please call the venue direct on 0114 2340374 or visit the stadium's website at:

#### www.owlertonstadium.co.uk

If you are interested in a race sponsorship or hospitality package on the night, please contact Sean Ferris at:

#### sean@clubjournal.co.uk













There will be a total of 14 races during Dransfields CIU Racenight

#### **CIU Racenight Tickets**

Dransfields CIU Racenight, Owlerton Stadium, Tuesday, September 18

Number of tickets required \_\_\_\_\_
Contact Name: \_\_\_\_

Club Name and Address: \_\_\_\_\_\_

Postcode: \_\_\_\_

Daytime telephone No: \_\_\_\_\_\_

Please send this booking form to: Sean Ferris, Alchemy Contract Publishing, 59-60 Thames Street, Windsor SL4 1TX



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- Arrange market leading cover solutions
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Property in the open covered up to £5,000 To arrange a quote contact:

#### John Mckie 0345 004 0515

john.mckie@aon.co.uk

Monday – Friday 9am - 5pm

£100 Material
Damage Excess

£2,500 for cover in each gaming machine, up to £10,000 in total Total cover £10,000 Engineering cover up to £1,000,000, cooling equipment, boilers, air conditioning units

Directors and Officers limit of indemnity £250,000

\* New Aon clients only. Must not hold a current policy with Aon. Subject to qualifying criteria; No claims in the last 3 years; Satisfactory postcode check (such as but not limited to high risk flooding areas, theft and malicious damage); Insurance has not been cancelled or declined in the past; Premises are not unoccupied or unfurnished; Business description is a CIU Club, Other Social & Welfare Club, CISWO Club or Sports Club; Buildings are valued at no more than £1,000,000; Stock limit doesn't exceed £50,000; and do not operate door staff, regular ticketed events or live entertainment more than twice a week. Evidence of competing terms must be obtained from an Insurer that meet Aon's security rating requirements and cover must be of a comparable basis to the quotation arranged by Aon. This offer can be withdrawn at any time. Terms, conditions and exclusions may apply.

Maven Sports and Social Club Insurance arranged by Aon UK Limited and underwritten by Maven Underwriters which is a Managing General Agent operating under a delegated underwriting and claims handling authority on behalf of Aviva Insurance Limited and Allianz Insurance plc. Maven Underwriters is a trading name of Aon UK Limited which is authorised and regulated by the Financial Conduct Authority. Citation Limited is an approved Introducer Appointed Representative of Aon UK Limited which is authorised and regulated by the Financial Conduct Authority. FP.ENT.1784.MH

