

Blackpool beckons as Union delegates prepare for AGM



The Union's 2020 Annual Meeting is taking place on Saturday, April 4 in Blackpool

Next month will see club delegates from across the UK convening in the Royal Suite of the Grand Hotel in Blackpool for the 2020 Annual Meeting of the CIU.

The Annual Meeting will get underway at 10am on Saturday, April 4 and there will be several motions up for debate during the meeting.

These motions are currently being finalised and will be published in the next issue of *Club Journal*.

Kenneth D Green CMD ACM, General Secretary of the Union, who will be delivering his annual address in Blackpool, said:

“The Annual Meeting is always the most important event of the year for our Union.

“As ever, I look forward to hearing the usual high standard of debate from club delegates as we come together and decide the future direction of our great organisation.”

March's Club of the Month: The Norristhorpe Club

The 'Club of the Month' for March is The Norristhorpe Club in West Yorkshire.

Established in 1906 with its members mainly drawn from the thriving local mining and textiles industries, it became a member of the CIU in 1920 and continues to serve its community.

• For the full profile of the club, see pages 18-20



Trade show set for record number of exhibitors



The 29th edition of the CIU Beer & Trades Exhibition is set to welcome a record number of companies who will be showcasing their products and services to delegates on the afternoon of Friday, April 3 at the Blackpool Norcalympia.

The companies already confirmed for the show include Aon, Dransfields and Heineken UK.

• For more information on the show, see pages 8-9

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Welcome to the March issue of *Club Journal* as we look forward to next month's Conference Weekend in Blackpool.

The key dates for your diaries are: Saturday, April 4 which is when the Annual Meeting will take place in the Royal Suite of the Grand Hotel and Friday, April 3 when the 29th CIU Beer & Trades Exhibition will be staged in the Norcalympia at the Norbreck Castle Hotel.

There are further details on both these important Union events on pages 8-9, including details of some of the exhibitors who will have stands at the trade show.

We now have an unprecedented number of suppliers signed up to exhibit at the show, including Preferred Suppliers Aon UK, Dransfields and Heineken UK – as well as a host of other club-focused companies – and their representatives will be eager to give advice on boosting your club's bottom line.

As always, the teams from Head Office and *Club Journal* will be present at the Annual Meeting and the trade show so please do come and say hello if you have the opportunity.

The CIU stand at the show will have information on the Award in Club Management (ACM) course which is available to all Union members.

Welcome

On pages 14-15, we take a closer look at what the ACM qualification entails and get the perspective of two of the course lecturers, General Secretary Kenneth D Green CMD ACM and NEC Member Ken Roberts CMD ACM.

On pages 16-17, we report on the SmartDispense system which has been installed in many of our clubs by Preferred Supplier Heinken UK.

This technology has revolutionised the way draught beer and cider is stored and served in clubs, thus saving clubs money through reduced water and energy bills, giving their members a better pint and helping them become more sustainable

Meanwhile, our Club of the Month for February is the Norristhorpe Club in West Yorkshire.

As you'll see from the feature on page 18, the club recently celebrated its centenary as a member of the Union and marked this auspicious occasion with a party where beer was being sold at £1 a pint!

I hope you enjoy the issue.

Stephen Goulding, Editor

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CLUB JOURNAL

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Elm Road WMC hosts annual charity fundraiser

Elm Road Working Men's Club in Shildon, County Durham, recently staged a special memorial entertainment night featuring music from the 1960s and 1970s.

The annual fundraiser, now in its seventh year, was organised by Sue Charlton in memory of her late partner John Hay.

The event has been staged every year since the death of Mr Hay, who was supporting Shildon in a Durham Challenge Cup tie against Seaham Red Star when he collapsed in January 2013.

Funds raised from the night will go towards Diabetes UK, Prosthetic Limb Centre, The James Cook University Hospital and Shildon AFC.

Miss Charlton said: "It's my seventh night in my 70th year so I'm wanting to end the event on a high. We usually raise around the £2,000 mark so I'm really hoping this year we can beat that target to make even more of a difference to the causes."

The night saw a bumper auction, a raffle and a tombola in a bid to raise money for the organisations.



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News in brief

Poynton Workmen's Club gets behind Mayor's charity fundraising events

Poynton Workmen's Club in Cheshire is getting behind a year of charity fundraising spearheaded by the Poynton Town Mayor.

The Mayor, Councillor Sarah-Jane Gilmore, is raising money for four local causes: Poynton Disabled Swimming Club; Open Hands Community Transport; cycling group Poynton Breeze and Deva Park Play Area.

The target for the campaign is to raise £4,000 by May 2020 and many of the proposed events will be taking place at Poynton Workmen's Club.

In January, the club held the Mayor's Retro Party, featuring music from the 60s, 70s and 80s and the event was very well supported by members and guests.

On Friday, April 3, the club will be hosting the Mayor's Quiz Night and the Mayor's Posh Party on Friday, April 24.

For more information on the charity appeal, visit the Mayor's fundraising page: www.justgiving.com/crowdfunding/sj-gilmore

Parkes Hall Social Club to hold music benefit night for local girl Hollie

Parkes Hall Social Club in Dudley will be staging an evening of live music and entertainment to help a little girl living with a debilitating condition.

The event, on March 6, is entitled 'A Night For Hollie' and the money raised from the night will help local girl Hollie Flatman.

The 10 year old has been diagnosed with Spinal Muscular Atrophy (SMA) and all money raised on the night will go towards making her life at home more comfortable.

The fundraising evening includes five acts and a raffle.

Tickets for the charity night cost £6 and are available from organiser Paul Millard on 07900 806130.



FOR SERVICE

50-Year Distinguished Service Award

Anthony Davies, Newbridge Labour Club (Monmouthshire Branch)

40-Year Distinguished Service Award

Stephen Clarke, Benwell & District Social Club (Northumberland Branch)

Long Service Award

Alan McCarthy, Alberta Social Club (Durham Branch)

Anthony Jones, Benwell & District Social Club (Northumberland Branch)

Bruce Tinsley, Benwell & District Social Club (Northumberland Branch)

Russell Teal, Norristhorpe WMC (Heavy Woollen Branch)

Certificate of Merit

Humphrey White, Tovil Working Mens Club (Kent Branch)

Raymond Bottle, Grove & Moorside Community & Social Club (Durham Branch)

Patrick Ratcliffe, New Meadow Street Labour & Social Club (Manchester Branch)

David Davis, High Street Social Club (Northumberland Branch)

Fred Bamford, Norristhorpe WMC (Heavy Woollen Branch)

Martin Templeton, Norristhorpe WMC (Heavy Woollen Branch)

Allan Machin, High Street Social Club (Northumberland Branch)

Angela Sams, High Street Social Club (Northumberland Branch)

Kenneth Horsman, Wallsend Coronation Club (Northumberland Branch)

Honours for Alan Heseltine and Stan Summers



Pictured, left to right: Mrs Anne Heseltine, Alan Heseltine (Club Treasurer, Darlington Northgate Club), Eric Campbell (Durham Branch President), Stan Summers (Club President, Darlington Northgate Club and Vice-President of Durham Branch) and Mrs Aileen Summers

The Darlington Northgate Club held a special presentation ceremony on Friday, January 24 to honour Club President Stan Summers and Club Treasurer Alan Heseltine who have both been instrumental in the continuing success of their club.

The pair have each completed 25 years of service to the club and were presented with Long Service Award certificates.

Making the presentation in front of a packed Concert Hall was Eric Campbell, President of Durham Branch.

Clubs urged to enter social media awards

The third Hospitality Social Media Awards (HoSMA) are officially open for entries and CIU clubs are being urged to put themselves forward for the 'Community Club of the Year' category.

HoSMA are the only pan-industry awards designed to celebrate clubs and licensed outlets of all types and sizes who are using social media to build their business.

The Awards take place in September at an exclusive ceremony in the stunning Terrace Room at the Houses of Parliament overlooking the River Thames and each finalist will receive two tickets, free of charge, to the event.

Remember, it's not about having the most likes or followers but how social media is being used to help build businesses and engage with members - whether that's on Facebook, Twitter, Instagram, an app or simply via a fantastic website.



The 2020 Hospitality Social Media Awards are now open for entry

If you're one of the CIU clubs which is working extra hard to bring more people through your doors through social media activity, get involved in HoSMA!

It's very simple to enter - all you have to do is complete a 10-question entry form which can be answered online at <http://www.hsma.biz> or send an email to: info@hsma.biz

Disability charity benefits from club events

The Richmond Place Club in Hereford has held its latest charity fundraising activities for the Affinity Trust which provides services and support for those suffering from disabilities.

The Open Darts Tournament, organised by club member Jill Kirby, raised a total of £200 while a special Country & Western Night raised £450, making a grand total of £650.



Pictured: The Richmond Place Club's latest charity darts tournament raised a total of £200 for the Affinity Trust charity. The club holds a number of events throughout the year to raise funds for the charity which gives support to disabled people and their families.

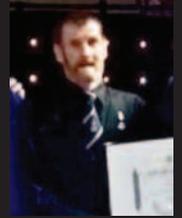


Pictured: The Richmond Place Club present the Affinity Trust with the £450 raised by the club's Country & Western Music Night

OBITUARY

David Currell

Skegness Ex-Servicemen's Club is sad to announce that club stalwart David Currell passed away in 2019 at the age of 61.



David had been a member of the club for 32 years and served on the Committee for 25 years, including a stint as the club's Vice-President.

In 2018, he was presented with his Long Service Award at a ceremony held at the club.

David was a dedicated club man renowned for his hands-on attitude, including his meticulous approach to putting up the club's Christmas decorations each year which involved using a ruler and spirit level and his appearances as Father Christmas at children's festive parties.

He was also a keen dominoes player and represented the club for over 20 years.

David will be much missed by all who knew him.



Sky Sports will be showing a number of games from the Football League throughout March

Sky Sports add three more Football League games to March schedule

Sky Sports have announced three more Football League games to be shown live in March.

On Saturday March 21, promotion-chasing Fulham go across west London to face Queen's Park Rangers in the Sky Bet Championship (kick-off 12.30pm).

Fellow promotion hopefuls Nottingham Forest host Bristol City the following day at 3pm, with both sides looking for a spot in the Premier League next season.

And on Monday March 23, it's a battle of two of the top sides in League Two as Plymouth host Exeter at 7.45pm.

All three games will be shown live on the Sky Sports Football channel.



BT Sport announce big night of British heavyweight boxing on April 11

The all-British heavyweight showdown between undefeated knockout merchants Daniel Dubois and Joe Joyce will be broadcast live on BT Sport Box Office on Saturday, April 11.

The much-anticipated fight will see two of Britain's best, both undefeated, go head-to-head at The O2 after months of speculation.

The bout between British, Commonwealth, WBC Silver and WBO International champion, 'Dynamite' Dubois and Olympic silver medallist Joyce was first mooted last summer with the British title up for grabs.

Frank Warren, who is promoting the fight, said: "The contrast in styles will be fascinating, Daniel being a classic banger, with strong fundamentals and a ramrod jab that gets better all the time.

"Joe has got a style all of his own and comes at his opponents relentlessly from every angle."

CLUB NOTICES

Clubs admitted into membership of the Union

Belvedere Working Men's Social Club (Kent Branch)

Clubs withdrawn

Dorchester Trinity Club (Western Counties Branch)

Hodthorpe Community Social Club (Derbyshire Branch)

Lower Bourne Social Club (South East Metropolitan Branch)

Clubs closed

Croxdale and Hett Working Men's Club (Durham Branch)

Goole Working Men's Club (Doncaster Branch)

Billingham Social Club to host Dementia event

Billingham Social Club in Teesside is hosting a fundraising event in aid of the Dementia UK charity.

The event will take place on Friday, April 24 and will be a celebration of the life and career of former football player and manager Tony Lee who is suffering from dementia.

Mr Lee is a popular figure in North East football and managed a number of teams, including Bishop Auckland, Durham City, Gateshead and Billingham Synthonia.

Before entering management, he was a professional player for several famous clubs, including Leicester City, Bradford City and Darlington.

The event will be hosted by Paul Gough of BBC Tees and will feature music and comedy from Tony Washington, including his Bobby Thompson tribute act.

There will also be a raffle and auction held during the evening.

Tickets, priced £10, are available from Peter Robinson on 07711 476822 or direct from the Billingham Social Club.

Book tickets for the Blackpool Command Show



Pictured: Highly rated vocalist Liam Alexander will be one of the artists at the 2020 Blackpool Clubland Command Performance

This 2020 Blackpool Clubland Command Performance will be taking place on the night before the CIU AGM, on Friday, April 3 at the famous venue, the Horseshoe Bar, part of the Blackpool Pleasure Beach complex.

This annual event, which showcases some of the best acts on the local club circuit, is being staged for the 71st time and its timing is ideal for those club men and women who are in town to attend the Union's Annual Meeting and the CIU Beer & Trades Exhibition which is staged on the Friday afternoon of Conference Weekend.

Organised by the Blackpool & District Federation of Concert Secretaries (BDFCS), there will be a number of different artists performing at the show, with the event getting underway at 7.30pm.

Singer and comedian John Gillan will be the compere for the night while also appearing on the bill are singers Liam Alexander, Scott Dennett, Rachel Mills and Lily Taylor Ward; singing duos Tom McLeod/Keera Bethany and Shades of Grey and comic/ventriloquist Mike Bennett.

Tickets cost £10 and are available from BDFCS Chairman Alan Pilborough by sending a cheque payable to 'Blackpool Concert Secretaries' to: Mr A Pilborough, 57 Munster Avenue, Bispham, Blackpool, FY2 OHG.

Tickets will also be available on the door.



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Blackpool beckons CIU delegates ahead of April Conference

Next month will see club delegates from across the country come together in Blackpool for a weekend of CIU-related activities, including the Annual Meeting and the Beer & Trades Exhibition

With Conference Weekend hovering into view, delegates from clubs all over the country will be making their arrangements to travel to Blackpool for the most important date in the CIU calendar.

The morning of Saturday, April 4 will see the 2020 Annual Meeting taking place at 10am as attendees take their seats in this year's venue, the Royal Suite of the Grand Hotel in Blackpool.

This venue is well served by transport, is close to the centre of the town and will provide a comfortable and convenient venue for the most important event in the Union calendar when delegates from clubs all over the country come together to debate the CIU Constitution.

George Smith, who was voted in as Union President in December 2019, will be chairing the Annual Meeting.

The meeting will also see a welcome speech from The Worshipful the Mayor of Blackpool, Councillor Amy Cross, a speech from a guest speaker and an address by the Union General Secretary Kenneth D Green CMD ACM.

Meanwhile, Friday, April 3 will see the 29th CIU Beer & Trades Exhibition in the Norcalymphia at the Norbreck Castle Hotel.



As announced in last month's issue, this year's Annual Meeting will take place in the Royal Suite of the Grand Hotel in Blackpool on the morning of Saturday, April 4

This event is unquestionably the UK's biggest trade show for members' clubs and there will be a record number of exhibitors and attendees for the 2020 edition with an array of products and services to discuss with the companies present.

Preferred Suppliers Aon, Dransfields and Heineken UK will all have a significant presence at the show, while delegates will also have the opportunity to talk to representatives from CIU

Head Office about the various services provided to the club by the Union.

In addition, there will be plenty of chances to win some great prizes with bingo sessions and raffles running throughout the afternoon.

Many of the CIU men and women who are in Blackpool for the Conference and/or Trade Show will also want to pay a visit to one of the town's many Union clubs during the course of the weekend.



Union President George Smith will be the Chair of the 2020 Annual Meeting



Delegates will have the chance to speak and to vote on the various motions which are up for debate at this year's AGM



Preferred Supplier Aon will be on hand to discuss your club's specific insurance needs



Delegates will be able to have a go on the latest Dransfields gaming machines



Heineken UK will be showcasing their latest products at their complimentary bar



Drinks dispense gas supplier BOC will have a presence at this year's show



Speed Pool will be one of the activities put on by Dransfields during the trade event



The Beer & Trades Exhibition is a great place to network and socialise with delegates from other clubs



The CIU Head Office team will be running a stand



Club refurbishment specialists ACE Furniture are one of the confirmed exhibitors at this year's event



The Dransfields team will be on hand to discuss your club's gaming machine requirements

HQ

News in brief

Contracts and Handbook still available from Branch Offices

The CIU Contracts and Handbook have been updated and reprinted 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.

To buy any of these documents please contact your local Branch Office.

National Executive Committee dates for 2020

The dates for the 2020 meetings of the NEC are as follows:

March - 4/5; April - 2; May - 6/7; June - 3/4; July - 1/2; August - 5/6; September - 2/3; October - 7/8; November - 4/5; December - 2/3

Annual Meeting 2020 dates

Thursday, April 2 – NEC Meeting/Executive Dinner

Friday, April 3 – Beer & Trades Show (Norbreck Castle Hotel, Blackpool)

Saturday, April 4 – AGM (The Grand Hotel, Blackpool)

Heineken UK launches new ultra low alcohol Strongbow Dark Fruit variant

Strongbow Dark Fruit has launched an ultra-low alcohol variant.

At just 0.5% ABV, and boasting no artificial flavours or colours, Strongbow Dark Fruit is one of the growing number of products which aim to capitalise on the growing demand for low or no alcohol products at the bar.

Rachel Holms, Marketing Director for Strongbow at Heineken UK, said:

“Thousands of loyal Strongbow Dark Fruit fans will be rejoicing at this news — it’s a game-changer for low and no alcohol.

“People can now stick to their New Year’s resolutions and still enjoy the taste sensation of the nation’s favourite fruit cider.”

Heineken UK will be showcasing their latest products – including their low alcohol products – at the CIU Beer &



The new ultra-low alcohol Strongbow Dark Fruit Cider

Trades Exhibition in Blackpool on Friday, April 3.

National Living/Minimum wage rates

As of April 1, 2020, the National Living Wage and National Minimum Wage hourly rates will be as follows:

- £8.72 for workers aged 25 and over (the National Living Wage)
- £8.20 for 21-24 year olds
- £6.45 for 18-20 year olds
- £4.55 for 16-17 year olds
- £4.15 for apprentices aged under 19 or in the first year of their apprenticeship

The CIU: Serving the needs of all our clubs

For over 158 years, the Club & Institute Union has been ensuring that its members have all the tools they need to survive and flourish with a wealth of services offered by the team at the CIU's Head Office

It's clear that, 158 years after it was founded, the CIU continues to be an organisation which fulfils a vital function for its member clubs and in turn for the local communities which they serve.

As the largest non-profit making social entertainment and leisure organisation in the UK, the CIU is able to give our clubs a voice at national level and ensure that the concerns of our many millions of members are being communicated effectively and regularly to those at the highest levels of government.

We also provide a full range of services to our member clubs, not least in the vitally important area of education. Since 1934, the Union's Club Management Diploma (CMD) has equipped club men and women with the knowledge of best practice in such areas as Club Law, Book-Keeping and Financial Control.

Our education programme continues to evolve and at the end of 2018, the first batch of candidates achieved the new Award in Club Management (ACM) qualification which gives a thorough grounding in the key skills required to run a modern club efficiently and in line with current licensing regulations.

This new course helps to make our education programme even more accessible to our members as they strive to run their clubs with maximum efficiency. If you would like to take the ACM, please look out for the day courses, the dates of which will be published in future editions of *Club Journal* and online.

We also provide a framework which recognises the hard work and dedication that goes on week-in, week-out in clubs and our official magazine, *Club Journal*, is filled with those who are celebrating milestones in service to their clubs or branches and have earned Certificates of Merit and Long



The CIU Head Office team (pictured, left to right): Dione Mobley, Stephen Goulding, Marlene Bruce, Vera Palazova, Maureen Ross, Catherine Fitzpatrick, Maureen Hawkins, Annette Johnson, Uto Ekanem, Steve Connell and Samantha Hagan

Service Awards. Long Service Gold Medals and Bars mark these milestones.

And the benefits of being a CIU-affiliated club do not end there, with clubs able to draw on the Union's full resources whenever a problem arises or some help is needed when dealing with a regulatory, licensing or HR issue.

Your local Branch Secretary is the first port of call for any such queries and, if needs be, these can be referred on to Head Office for further help.

Head Office also has a dedicated Rules Department which deals with all matters relating to rules on behalf of clubs, branches and the Union.

It will prepare all rule changes for the approval of club members, the registration with the Financial Conduct Authority (FCA) and arrange the printing.

All this work is carried out by the department free of charge.

Head Office also deals with clubs' affiliation to the Union. Incidentally, we have also recently produced a generic

Rules Book for unaffiliated clubs and hope that this will help any such clubs who do not currently belong to our Union or other club associations.

Our clubs can also take part in thriving sports and games competitions at both a national and branch level and many professional darts, snooker and pool players have honed their skills in the games rooms of our clubs.

There are also many events throughout the year which members of CIU clubs can attend, including the Beer & Trades Exhibition which takes place during our Annual Conference weekend in Blackpool each April, the annual CIU Charity Raceday at Wetherby Racecourse in Yorkshire in November and our greyhound event at Sheffield in September.

It's clear that being part of the CIU has many advantages and we are constantly striving to add to the benefits which our clubs, and their members, can enjoy.

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 left hand column on page 10 of all the NEC meetings in 2020). All certificates take around six to eight weeks to be approved, engraved and signed.

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ACM – the route to club management success

With several Award in Club Management (ACM) day sessions coming up in the next few months, now is the perfect time to sign up for this qualification. *Club Journal* talks to two of the course lecturers, Kenneth D Green CMD ACM and Ken Roberts CMD ACM about what you can expect when you attend an ACM course

March, April and May will see further club men and women taking the Award in Club Management (ACM) which has been developed by the Union to give club officials all the information they require to run a successful private members' club.

The qualification consists of three self-contained units, each taking one day of classroom-based study to complete.

Unit 1 of the course covers Law & Regulation, Licensing, Unit 2 covers Other Law and Regulations and Unit 3 covers the topics of Management, Finance and Administration.

Once a candidate has completed the course and been examined in all three units through a multiple choice examination, they receive the ACM.

The course is aimed at people who are going to be sitting on club committees and occupying positions of authority within clubs.

It has been developed to ensure that candidates gain a thorough understanding of licensing laws and regulations relating to members' clubs, as well as a whole host of other laws and regulations that govern the running of a club, including entertainment, the various copyright permissions required and the rules and regulations surrounding gaming machines in clubs.

Here, we talk to two of the CIU officials who, as well as being part of the Union's Education Committee which developed the ACM course, also serve on the team of highly experienced lecturers who lead the day sessions.

Kenneth D Green CMD ACM, Union General Secretary, South Yorkshire Branch Secretary, CIU Education Committee Member and ACM Lecturer:

"It's extremely important that, as an organisation, the CIU passes on the huge body of knowledge that we have



The CIU Education Committee (pictured, left to right): Head Office Manager Stephen Goulding ACM, General Secretary Kenneth D Green CMD ACM, Stephen Foster CMD ACM, Ken Roberts CMD ACM and Geoff Blakeley CMD ACM

at our disposal to those officials who have the responsibility of running their clubs.

"Getting that knowledge out there is probably more important now than ever before given the difficult trading conditions which many clubs have experienced in recent years.

"The aim of the ACM course is simple: to give club officials the day-to-day practical knowledge they require to run their clubs.

"By completing all three units, you should have a really good grasp of all the key elements of 'hands-on' club management and will be able to take that essential knowledge back to your club for the benefit of your members.

"As for the sessions themselves, the lecturers are not trying to make the students feel like they're back in the classroom, rather we try to open up a bit of a two-way discussion about each of the 'learning outcomes' that we cover throughout the units and make it an enjoyable but very positive experience.

"The course is particularly

beneficial to those moving into official positions at their club for the first time but even seasoned club officials would find the ACM extremely useful.

"And, of course, you receive a workbook for each unit, which covers every single topic in the course, to take back to your club as a very useful reference point."

Ken Roberts CMD ACM, NEC Member, Vice-President of South Wales Branch, CIU Education Committee Member and ACM Lecturer:

"There's perhaps a bit of trepidation on the part of people coming on the course as they may feel anxious about being in a classroom-style environment.

"But as ACM lecturers, we try and ensure from the outset that the day courses have a very informal atmosphere and people can enjoy themselves while they learn.

"It's not a case of coming along and just listening to someone else talk – we actively encourage the attendees to

come along and share the knowledge that they themselves bring from their own particular club environment.

“The ACM day courses are a great opportunity to dip into the pool of shared knowledge that the CIU enjoys as an organisation.

“Opportunities to network with officials from other clubs are a bit more limited now than they were a few decades back when most areas had a number of members’ clubs very close to each other who would share their experiences and learn from each other.

“That’s not really the case in many areas nowadays as we have lost a number of clubs so the ACM helps to fill that gap by bringing officials from different clubs together.

“The feedback that we’ve received from those who have taken the course so far has been incredibly positive with the vast majority feeling that what they have learned from taking the ACM course has helped them to run their own clubs more efficiently and confidently.”



Pictured: Ken Roberts CMD ACM and General Secretary Kenneth D Green CMD ACM lecture at the ACM Unit 1 day session held at Canton Liberal Club, Cardiff in December of last year

Unit 1

Law & Regulations

Includes:

- Laws and regulations under which social clubs run by volunteers operate
- Main official bodies and categories involved in the licensing process
- The licensing objectives

Unit 2

Law & Regulations (Part 2)

Includes:

- Resolving club disputes
- Procedures for conducting meetings
- Suspensions and expulsions
- Betting, gaming and lotteries

Unit 3

Management, Finance & Administration

Includes:

- Financial control
- Club banking
- Brewery loans and discounts
- Stock taking

Upcoming ACM day sessions

ACM DAY COURSE UNIT 1 – Law & Regulations

Saturday, May 2 – Dinnington Village Club (Northumberland)

ACM DAY COURSE UNIT 2 – Law & Regulations (Part 2)

Saturday, March 21 – Canton Liberal Club, Cardiff

ACM DAY COURSE UNIT 3 – Management, Finance & Administration

Saturday, March 28 – Bramley WMC (South Yorkshire)
 Saturday, April 18 – Lamberhead Green WMC
 Saturday, May 30 – Canton Liberal Club, Cardiff

The cost of each unit is £30

- To book a place on the above courses, contact Cath Fitzpatrick at Head Office on 0207 226 0221 (Ext. 238) or by email: cfitzpatrick@wmcu.org

Save money through Heineken UK's SmartDispense system

Since its launch in 2013, Heineken UK's SmartDispense technology has revolutionised the way draught beer and cider is stored and served in clubs and has helped clubs to save money through reduced water and energy bills, give their members a better pint and become more sustainable

Clubs have fresh reason to celebrate the start of the decade as, collectively, they have helped save over 100 million pints of water and 360 tonnes of keg CO₂ over the past six years, thanks to the installation of the innovative SmartDispense system.

These waste savings will see bars make an estimated cost saving of £819 per years on water and CO₂ alone.

Energy bills are a sizeable outgoing for clubs, so identifying savings can be hugely beneficial.

No member orders a warm pint, but cellar cooling can be a significant contributor to a club's carbon footprint.

The pioneering SmartDispense system was the first draught dispense to only use energy-saving green cooling technology to chill beer and cider efficiently towards 0°C.

Partnered with extremely well insulated lines – known as pythons that deliver 20% less energy loss from keg coupler to tap – the system helps clubs to chill and serve great quality pints in a more sustainable way than ever before.

SmartDispense's unique cooling and insulation system has revolutionised the way draught beer and cider is stored and served in clubs and bars across the UK, keeping it cold, fresh and away from light.

Extending line cleaning to four-, eight-, or even 12-weekly cycles, as opposed to the 7-day line-clean in standard systems, saves on time as well as reducing water, dispense gas, beer and cider wastage by 87.5%.

Clubs who have contributed to these savings can now communicate their green credentials via the Green Pint scheme – an in-club and digital campaign, created to educate and inspire consumers to make conscious choices about the pints they drink.

Consumers are becoming increasingly environmentally aware, with 65% of Brits saying they are



Newton Aycliffe WMC (AKA The Big Club) has seen a 50 per cent sales increase over the past two years following the installation of Heineken's SmartDispense system

trying to live more ethically, and around half (48%) saying they are loyal to companies whose ethics align with their own, rising to 56% of under-25s.

One CIU club which has benefited from the SmartDispense system is Newton Aycliffe Working Men's Club in Durham, known as 'The Big Club'.

Alan Nelson, Joint Club Secretary of the club, has noticed a significant improvement in pint quality.

He said: "Complaints around the quality of our pints used to be a daily issue. So, we decided to completely change our offering and install SmartDispense.

"Members now comment on the quality, and we've seen a 50 per cent sales increase in the past two years."

In 2018, Heineken launched The Greenpaper, its largest piece of category research ever undertaken.

The report found that the desire to 'Live Better' is worth £58 million over three years, demonstrating that consumers are looking to reduce their impact on the environment.

SmartDispense, and last year's launch of the Green Pint, represents just one initiative enabling licensed premises to tap into this booming consumer trend.

Phil Gray, SmartDispense Sales Director for Heineken UK, explains: "At Heineken, we know we've got an important role.

"As the UK's largest pub, cider and beer company, we're in a unique position to make positive changes throughout the whole supply chain.

"SmartDispense not only saves you time and effort (by removing the need for a weekly line clean), it also reduces your water and CO₂ usage.

"These savings, coupled with colder, more consistent and quality pints leads to happier and more loyal customers, helping you sell more pints."

For more information, visit: www.smartdispense.heineken.co.uk

Heineken UK will be showcasing their latest products at the CIU Beer & Trades Exhibition in Blackpool on Friday, April 3.



Newton Aycliffe WMC has reported a significant improvement in pint quality since moving to the SmartDispense system

Heineken SmartDispense Advantages

Consistent Quality

Cold delivery system that pours sub 3°C quality pints every time

Save Water

87.5% saving on beer, cider and water wastage via an eight-weekly line clean

Save Energy

Up to 20% more efficient coolers in the cellar and no requirement for secondary cooling

Save Time

No need to spend time on a weekly line clean - technicians will do this for you

Total Support

Confidence guaranteed with eight-weekly service visit and 29 point system check
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Outlet support

Receive POS to communicate green credentials to your members via The Green Pint



The Heineken SmartDispense 'Python' which drives the system



The Norristhorpe Club

The Norristhorpe Club in West Yorkshire, established in 1906, is celebrating 100 years of being part of the CIU in 2020 and marked the occasion back in January with a special members party

Situated atop a hill in the village of Norristhorpe in West Yorkshire with glorious views across the nearby Spenn Valley, the Norristhorpe Club has been part of the fabric of the local community since it opened in 1906.

In those days, the area was famed for its importance in the textiles and coal mining industries with factories dotted around the Valley and the Stanley Main Colliery just down the road from the club employing hundreds of miners, many of whom would pop into the club for a well-earned pint after a hard day's work.

The club even had a set of showers (only recently removed) for the use of workers so that they could get to the club straight from work without the need to head home for a wash and change.

But while textiles and coal mining have all but disappeared from the surrounding landscape, the Norristhorpe Club continues to be a thriving social centre for locals.

"Everyone around the village knows the club and we're very proud that the

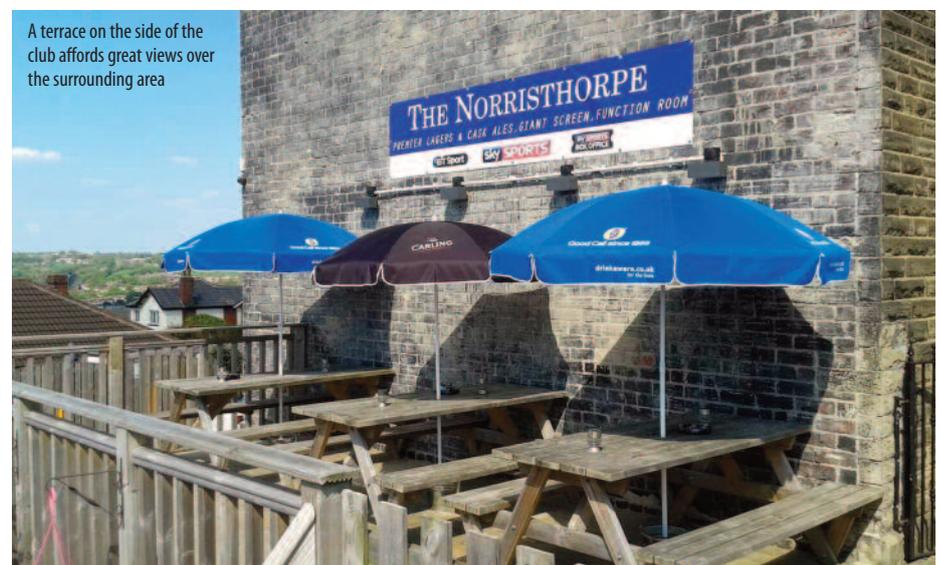
club is still doing so well some 114 years since we first opened our doors," says Club Secretary Fred Bamford.

The club became a member of the CIU in 1920 and the centenary of this membership was marked on January 31 of this year with a big party at the club.

"We put on free food and the members had a great night," says Fred.

"It's not every day you get to celebrate a great milestone like that so we sold our beer at £1 a pint for one night only which went down well with our members!

"We're not the biggest of clubs but people love what we have to offer with our friendly atmosphere, a really well-priced bar and very comfortable surroundings.



“We also put in a small decking area with tables and chairs at the side of the club a few years ago and that is a popular spot in the warmer months.”

The club’s biggest seller is Carling lager but they also offer a wide array of other drinks, including cask ales.

“Our lagers are by the far the most popular drink amongst our members but there’s still a significant number of people in the area who want cask ale so we make sure we keep it in excellent condition,” says Fred.

Upstairs is a Function Room with its own bar and this is a valuable source of income for the club.

“It’s great to have that separate bar upstairs in the Function Room,” says Fred.

“We host a number of private parties and functions throughout the year. There’s no fee for members but obviously we make the money over the bar.

“We do the room up really nicely for the various events and anybody who

has an event here is always very complimentary about the club.”

The club also boasts a pool table and this is very well used throughout the week. “Pool is very popular at the club and we have two teams playing in the local league which creates a good atmosphere on match nights.”

“We’re delighted with how well the club is doing at the moment and we’re determined to ensure that we remain at the heart of village life in the future”

The club is generally open from 4.30pm during the week with earlier openings on Saturdays and Sundays and the weekends are always extremely busy.

“We offer both BT Sport and Sky Sports in the club and we get a good

crowd in to watch the football on our big screen,” says Fred.

“Obviously the number of people we get in depends on which teams are playing but with both subscription services we’ve got the lot covered.

“As you’d expect the Premier League games are popular but there’s also a significant following for the Championship and League One and Two games with the likes of Leeds United currently flying high in the Championship.”

A number of years ago the club agreed a tie-up with a local two-team Sunday League football club who were without a home base with the result that Sunday afternoons are a particularly busy time for the club.

“It was a really good move to get the footballers into the club as they had a home field just down the road but nowhere to go afterwards,” says Fred.

“We put on a hot meal for whichever team is playing at home and their

Three of the club’s Committee recently received Awards: (pictured) Martin Templeton (Certificate of Merit), Russell Teal (Long Service Award, 25 Years), Fred Bamford (Certificate of Merit) and NEC Member Les Hepworth CMD ACM (second from right) who made the presentation



CLUB OF THE MONTH

visitors and they'll all have a few post-match drinks while they watch the live football on the TV. Obviously that's great for the club as it brings in more young people into the bar and adds to the atmosphere."

Members can also enjoy live entertainment at the club on selected weekends.

"We're not one of those clubs which puts on live acts every single weekend," explains Fred.

"It does work for some clubs but we find that putting on an act every couple of months is the most financially beneficial way to do it for us.

"It means our members really look forward to the live entertainment nights and we make money on the nights through bar sales. We also have bingo nights once a month.

"On top of that, we also do special events throughout the year, include a big New Year's Eve party and children's Christmas and Halloween parties."

The club has a very active and hands-on Committee and February saw three stalwarts receiving service awards from Heavy Woollen Branch Secretary Les Hepworth CMD ACM.

Russell Teal received his 25-year Long Service Award while Fred and Martin Templeton received their



The club shows live sport on both BT Sport and Sky Sports

Certificates of Merit for each completing 10 years of service.

"It was nice to have that recognition from the CIU," says Fred.

"Russell notching up a quarter century of service is particularly commendable given that he is only in his mid-40s and started on the Committee when he was 20!

"It all goes to show that there's a lot of commitment being shown to keeping the club moving forward.

"We're delighted with how things are

going at the moment and are determined to maintain our position at the heart of the local community."

CONTACT DETAILS

The Norristhorpe Club,
101 Norristhorpe Lane, Liversedge,
West Yorkshire, WF15 7AE
Telephone: 01924 403 152
Heavy Woollen Branch

The Norristhorpe Club has forged close links with the local community since it opened in 1906



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HAYDOCK PARK	Saturday 11 April	£10	Easter Family Day
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HAYDOCK PARK	Saturday 9 May	£12.50	Pertemps Swinton Hurdle
CHEPSTOW	Tuesday 12 May	£10	Afternoon Racing
HAYDOCK PARK	Friday 22 May	£10	Afternoon Racing
HAYDOCK PARK	Saturday 23 May	£12.50	Temple Stakes
HAYDOCK PARK	Thursday 28 May	£10	Afternoon Racing
HAYDOCK PARK	Saturday 30 May	£15	Betway Sparkling Saturday
HAYDOCK PARK	Wednesday 10 June	£10	Afternoon Racing
HAYDOCK PARK	Thursday 11 June	£10	Silk Mill Raceday
HAYDOCK PARK	Thursday 2 July	£10	Glass Times Raceday
HAYDOCK PARK	Saturday 4 July	£15	Bet365 Old Newton Cup
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HAYDOCK PARK	Thursday 6 August	£10	Summer Family Fun Day
HAYDOCK PARK	Saturday 8 August	£15	Rose of Lancaster Stakes



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Racecourse: _____

Date of meeting: _____

Cheque enclosed for £ _____

(Made payable to racecourse involved – **please send at least three weeks before the meeting date**)

Contact and Club name: _____

Club Address: _____

_____ Postcode: _____

Daytime telephone No: _____

Please send this booking form plus cheque (made payable to the appropriate racecourse) to:

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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 LS14 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.

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.

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 James McNally on 07468 512022 or visit www.hammersmith-club.com

HARROW ROYAL BRITISH LEGION

Northolt Road, South Harrow HA2 0DW.

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 to Bruce or Elaine on 0208 422 1222. For entertainment details check our website. www.harrow-club.co.uk

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: wmmc1@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 stjameswmc2@gmail.com

ELY BEET SPORTS & SOCIAL CLUB

Lynn Road, Ely, Cambridgeshire, CB6 1DD

Situated in the Cathedral City of Ely and close to the town centre, "The Beet Club" offers a large members' lounge bar, ample off road car parking, free wi-fi, snooker & pool tables, darts & dominoes and for those more energetic members, tennis courts & a bowling green. Family friendly.

Regular entertainment from wrestling to cheese & wine nights, race nights & bingo to live music. Email: beetsecretary@gmail.com

Tel: 01353 662029

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 the Secretary. 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@gmail.com

MARKHAM MAIN OFFICIALS SOCIAL CLUB LTD

Markham Main Officials Social Club Ltd
The Old Colliery Yard, Off Harris Road
Armthorpe, Doncaster DN3 2BP

Handy for the racecourse, and Doncaster Rovers. Also the Doncaster Knights (limited parking) approx. 60 spaces. Sky TV in two rooms, and entertainment most weekends.

Contact Club Secretary

Pete Cresswell

Tel 01302 831609

M. 07762507227

STOKE-ON-TRENT

Enjoy a traditional club welcome at:

PITTSHILL VICTORY WM CLUB

232 St Michaels Road
Stoke-on-Trent
ST6 6JS

Midway between Birmingham and Manchester, and just 15 minutes from the M6 Junction 16, we are ideally situated for a break whether travelling north or south.

Voted Club Mirror Traditional Club of the Year 2016.

We provide free entertainment every Saturday and Sunday night - traditional bingo as well as a Disc Draw and Bingo 90 raffles.

Ales include Carling, Worthington John Smiths, Coors Light, Thatchers Gold Cider, M&B Mild and Guinness surgers.

We have a Games Room, a Concert Room and a recently refurbished Lounge. You can pick a room to suit your mood.

Coaches parties by appointment please:

Contact:

The Steward, Mark on 077516244002
The Secretary, Daniel on 07961102328
Or visit our website at pittshillvictory.co.uk

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.

www.eusc.co.uk

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. 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? Visit

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.

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 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

Yardley Wood Social Club

118 School Road, Yardley Wood, Birmingham B14 4JR.

Club Tel: (0121) 474 2026

Sec: (0121) 474 3725

Visit our brand new website:
www.yardleywoodsclub.com

Two large TV screens, 6 snooker tables, bingo and weekly entertainment, bowling green.

Function rooms available for 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 YO32 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, EASTER SIDE & 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

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 StJames Park Newcastle. Easy access from the A1 and A19, an ideal stop off for travelling football parties. A friendly atmosphere, welcoming coach parties and free food is available on request.

Contact Dave 07735237011

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 in 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 2JU

Tel: 01262 605093

Warm & friendly welcome offered to all CIU 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 guests assured of a warm welcome.

120 seat function room available free to club members for private parties, etc

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

Maintaining good posture is a daily struggle for many people. Whether you're working on your feet or at a desk, it's all too easy to slump into bad habits. It's well known that sitting and standing poorly is bad for your back, but it can also cause trouble for the rest of your body.

Pain may be the most obvious consequence of bad posture, but sometimes it can be difficult to connect the dots and realise just how much of our pain could be fixed by keeping ourselves a little more vertical.

The joints in our hips, knees and ankles are all connected to your spine, which means that the damage done by incorrect posture can spread much further than your upper back. Slouching – particularly when walking – puts a strain on your lower body, and over time this can cause persistent pain and discomfort.

The upper body is not immune from the effects of bad posture either. Allowing your head to droop in front of your shoulders can lead to recurrent

headaches and jaw pain as a direct result of tension in your neck and shoulders.

Meanwhile, bad posture can cause a number of issues with digestion, since the organs responsible for passing food through our bodies are compressed. This can lead to a sluggish metabolism, causing heartburn, acid reflux, and constipation.

'Pins and needles', that tingling in your hands can be a sign that the nerves and blood vessels around your shoulders are being constricted. Sitting poorly, with your head and shoulders hunched forward, may be causing or exacerbating this problem, and it is recommended that sufferers take immediate steps to improve the way they are sitting and standing.

Although sitting down may seem like the energy-saving option, you may have noticed that it can make you feel as though you're ready to fall asleep. This is because bad posture puts unnecessary tension and strain on your body, which forces you to use more energy than you would if you were sitting properly.

What's more, the pain caused by bad posture can make it difficult to sleep comfortably, which may prevent you from getting enough rest each night – another good reason to look into ways of achieving and maintaining good posture.

FAST DELIVERY - UK STOCKIST - CONTRACT QUALITY

FAST DELIVERY - UK STOCKIST - CONTRACT QUALITY

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FREE BROCHURE

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

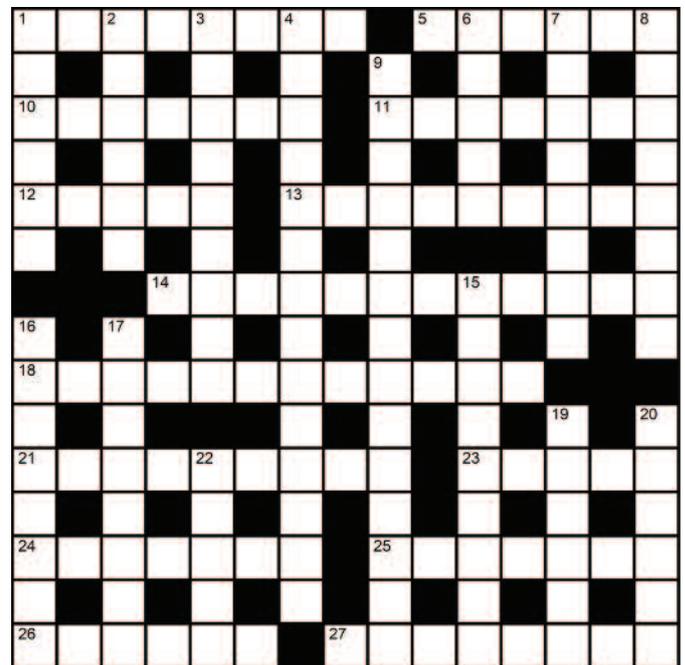
ACROSS

- 1 Tasted carib, yet discovered a certain tartness. (8)
- 5 Argument caused by bus being put in for repair. (4-2)
- 10 Album to go West with backache. (7)
- 11 Experience of subway travel? (7)
- 12 Flavour that hi-jacked a test. (5)
- 13 Oversee Perseus IV's metamorphosis. (9)
- 14 Horse that's bored, through and through. (12)
- 18 Throwaway line that could produce watts? (5,7)
- 21 Statement of intent that's obvious to no-one. (9)
- 23 Prune very small section, but not once. (5)

DOWN

- 1 Wear away a table with woodwork. (6)
- 2 Ensnarl, having seen me shaken somewhat. (6)
- 3 If you could be a kosher cook, driver, this'll slow you down! (5,4)
- 4 Devices to make slacks look a little less slack? (7,7)
- 6 Thundering reduces below. (5)

- 7 Third one try to be irate and awkward. (8)
- 8 Goes forward with the takings. (8)
- 9 Odd luxuries fired from the hip in acid rain gas. (7,7)
- 15 Over-used type of carriage? (9)
- 16 Miming in the South West, perhaps going through water? (8)
- 17 Waves, but deviously aims to stun. (8)
- 19 Develop, starting with affection returned. (6)
- 20 Roger, about to become veggie trader? (6)
- 22 Fur, zebras leave stuck to gorse. (5)



Name _____

Club _____

Address _____

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

Steward or Stewardess with partners wanted

Skegness Ex-Servicemen's Club

(Previous applicants need not apply)

A one bed flat is available on the club premises.

Duties to include:

- Bar, cellar and staff management
- Stock ordering and bar sales recording etc
- Cash control

The Club Management has 13 members at present.

A £2,500 bond is required.

Applications with CV and references should be made to the Club

Secretary by post to:

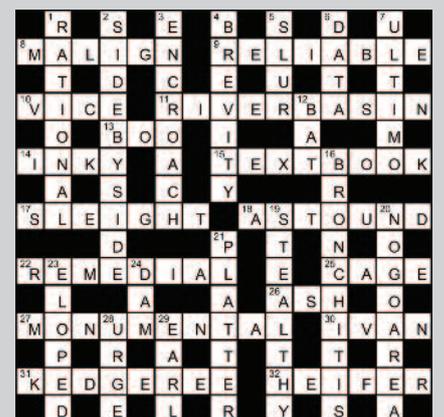
Skegness Ex-Servicemens' Club Ltd
2, Grand Parade, Skegness, Lincolnshire PE25 2UN.
Applications close on 23/3/20.

Any questions telephone **01754 762113**
between 11.30am-1.30pm and ask for the Secretary.

CROSSWORD SOLUTION

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

- James Goldie of Cheylesmore Social Club
- Ronnie Kane of Putney Club WMC
- John Marlow of Newfoundpool WMC
- Joe Catterson of Spennymoor WMC
- Cyril Lindley of Belle Isle WMC





Tuesday, March 10, 12 noon – ITV

Horse Racing: Cheltenham Festival

Four days of action from Cheltenham as the greatest National Hunt event of the year gets underway. The highlight of the week is the Gold Cup, held on the Friday but there are exciting races throughout the week. On the opening day, the feature race is the Champion Hurdle, a Grade 1 event open to horses aged four years or older.



Wednesday, March 11, 8pm – BT Sport

UEFA Champions League: Liverpool v Atletico Madrid

Anfield is a fitting stage for the second leg, Last 16 clash between reigning champions Liverpool and Atletico Madrid. Atletico will be hoping that they can effect a repeat of their victory in the first leg match of this round when they won 1-0. The reigning champions will certainly be tough to beat at home.



Tuesday, March 31, 8pm – ITV

International Football: England v Denmark

Denmark visit Wembley Stadium for what will be the 20th meeting between the two sides. The last of those games was a 1-0 win for England in March 2014, a late goal from Daniel Sturridge sealing the victory for Roy Hodgson's side as they began preparations for that year's World Cup in Brazil.

SPORTING HIGHLIGHTS

As well as the Manchester and Liverpool Premier League derbies, there are also some huge games in the Last 16 of the UEFA Champions League in March, plus the climax to rugby's Six Nations Championship

Friday, March 6

7.45pm

Sky Sports

Super League: Warrington Wolves v Castleford Tigers

Saturday, March 7

12.30pm

BT Sport 1

Premier League: Liverpool v Bournemouth

Saturday, March 7

4.45pm

ITV

Six Nations Rugby: England v Wales

Saturday, March 7

5.30pm

Sky Sports Premier League

Premier League: Burnley v Tottenham Hotspur

Sunday, March 8

12 noon

Sky Sports Football

Scottish Premier Football: Ross County v Rangers

Sunday, March 8

2pm

Sky Sports Premier League

Premier League: Chelsea v Everton

Sunday, March 8

4.30pm

Sky Sports Premier League

Premier League: Manchester United v Manchester City

Monday, March 9

8pm

Sky Sports Premier League

Premier League: Leicester City v Aston Villa

Sunday, March 8

4.30pm

Sky Sports Premier League

Premier League: Manchester United v Manchester City

Tuesday, March 10

12 noon

ITV

Horse Racing: Cheltenham Festival - Day 1

Tuesday, March 10

8pm

BT Sport 2

UEFA Champions League: RB Leipzig v Tottenham Hotspur

Wednesday, March 11

12 noon

ITV

Horse Racing: Cheltenham Festival - Day 2

Wednesday, March 11

8pm

BT Sport 2

UEFA Champions League: Liverpool v Atletico Madrid

Thursday, March 12

7.45pm

Sky Sports

Super League: Hull FC v Warrington Wolves

Friday, March 13

12 noon

ITV

Horse Racing: Cheltenham Festival - Day 4

Friday, March 13

7.45pm

Sky Sports

Super League: Salford Red Devils v Wigan Warriors

Six Nations Rugby: England v Wales, March 7, 4.45pm, ITV



Saturday, March 14
12.30pm
BT Sport 1
Premier League: Watford v Leicester City

Saturday, March 14
2.15pm
BBC
Six Nations Rugby: Wales v Scotland

Saturday, March 14
4.45pm
ITV
Six Nations Rugby: Italy v England

Saturday, March 14
5.30pm
Sky Sports Premier League
Premier League: Aston Villa v Chelsea

Saturday, March 14
8pm
BBC
Six Nations Rugby: France v Ireland

Sunday, March 15
12 noon
Sky Sports Football
Scottish Premier Football: Rangers v Celtic

Sunday, March 15
2pm
Sky Sports Premier League
Premier League: West Ham v Wolves

Sunday, March 15
4.30pm
Sky Sports Premier League
Premier League: Tottenham Hotspur v Manchester United

Monday, March 16
8pm
Sky Sports Premier League
Premier League: Everton v Liverpool

Tuesday, March 17
8pm
BT Sport 2
UEFA Champions League: Manchester City v Real Madrid

Wednesday, March 18
8pm
BT Sport 2
UEFA Champions League: Bayern Munich v Chelsea

Thursday, March 19
7.45pm
Sky Sports
Super League: Huddersfield Giants v Hull FC

Friday, March 20
7.45pm
Sky Sports Premier League
Super League: Leeds Rhinos v St Helens

Friday, March 20
8pm
Sky Sports Premier League
Premier League: Tottenham Hotspur v West Ham

Saturday, March 21
12.30pm
BT Sport 1
Premier League: Chelsea v Manchester City

Saturday, March 21
5.30pm
Sky Sports Premier League
Premier League: Liverpool v Crystal Palace

Sunday, March 22
2pm
Sky Sports Premier League
Premier League: Leicester City v Brighton & Hove Albion

Sunday, March 22
4.30pm
Sky Sports Premier League
Premier League: Southampton v Arsenal

Thursday, March 26
7.45pm
Sky Sports
Super League: Castleford Tigers v Leeds Rhinos

Friday, March 27
7.45pm
Sky Sports
Super League: Warrington Wolves v Catalans Dragons

Friday, March 27
8pm
Sky Sports Football
International Football: England v Italy

Tuesday, March 31
8pm
Sky Sports Football
International Football: England v Denmark

Interested in saving up to 50% on your club energy costs?

Energy is a big part of the running costs for any club.

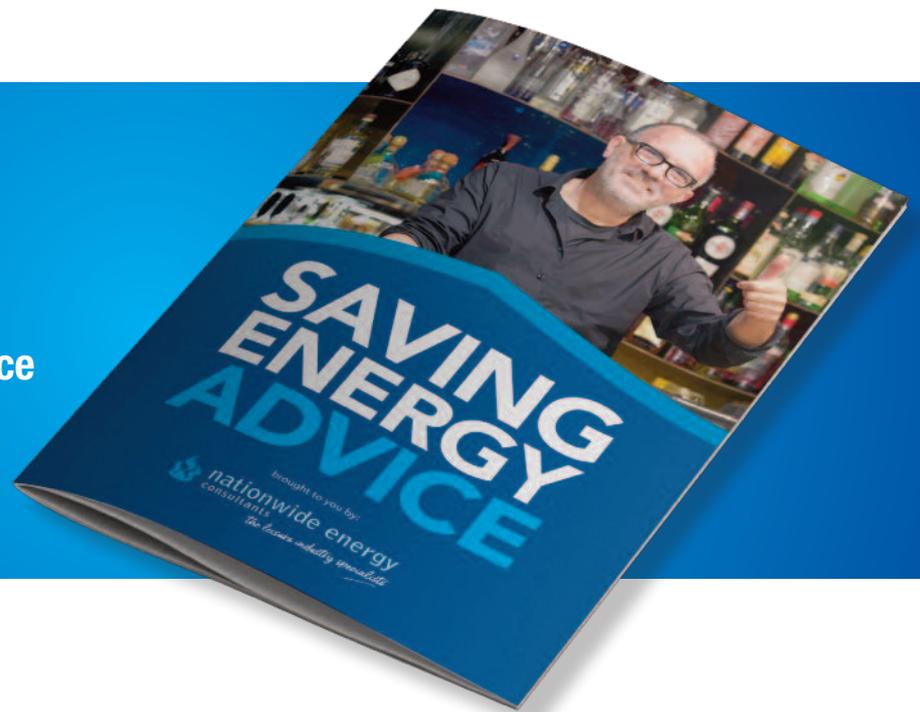
Nationwide Energy Consultants are the industry experts at helping clubs save energy and money by highlighting areas where savings can be made.

We have compiled some of the best and most effective energy saving tips for the licensed trade which could help you slash your energy costs in half!

Download our Free Energy Saving guide for your club at:
www.nationwide-energy.co.uk/ciu

Includes tips on

- Cellar management
- Insulation & Lighting advice
- Equipment Maintenance



Want to know just how much your club can save?

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