

Club Journal

March 2016

The magazine for all CIU members

75p

Clubs may yet have the opportunity to 'resurrect' Gaming Machine VAT claims

On July 8, 2015 the Supreme Court released their decision in the long-standing dispute between HMRC and Rank plc in respect of the VAT treatment of income generated from gaming machines (*writes Chris Haley, Managing Director of Dransfields*).

The initial argument made by Rank in 2006/2007 was that takings from one gaming machine should not be treated differently, from a VAT perspective, to the takings from another machine. This was the principle established in the European Courts of Justice by the case of Edith Linneweber. Initially the UK Courts found in favour of Rank and many clubs received repayment of VAT together with interest.

More recently however, HMRC changed their argument and sought to rely upon the fact that they had been incorrect when they had treated some gaming machine income as being exempt from VAT and that in fact the law had required this income to be subject to VAT at the standard rate, thus removing the argument of fiscal neutrality.

Having won agreement from the Court of Appeal, HMRC proceeded last year to request the money back from those taxpayers (including clubs) that had received repayments, together with further interest.

The final decision on this matter was left to the Supreme Court, which somewhat surprisingly in the eyes of many, found in favour of HMRC.

HM Courts & Tribunals Service (HMCTS) has recently written to all taxpayers that had their Appeal stood behind Rank plc requesting that they now specify which Rank litigation they were referring to.

There have been two different strands of litigation which HMCTS refers to as Part 1 and Part 2.

Part 1 relates to the Appeal that has been settled by the Supreme Court and referred to above, and which resulted in the claims that had previously been paid out having to be returned to HMRC.



Dransfields
Managing Director
Chris Haley

Part 2 relates to ongoing Appeals by Rank relating to two separate periods 01/11/98 to 05/12/05 and 06/12/05 to 31/01/13 which have yet to be determined by the Courts. This Appeal is based on the VAT treatment of income from some gaming machines which differed to the VAT treatment of income from other gaming machines; it appears to be a replay of the fiscal neutrality arguments albeit using different comparator machines.

HMCTS has asked taxpayers that have Appeals stood behind the Rank case to respond by March 24, 2016 setting out the nature of their Appeal awaiting determination by the Courts.

This is a complex VAT matter and there are some very sizeable sums involved for taxpayers; however it looks like clubs may possibly have an opportunity to 'resurrect' their claims previously thought to have been defeated by the Supreme Court judgement.

Accountants are exploring what this means for their clients and those clubs that had a 'Linneweber Claim' are advised to seek professional advice to determine what steps they should take next.

Estimates of the amount of tax at stake as a result of these claims have been mooted at between £1 billion and £2 billion which is why this complex case is being so fiercely contested.

INSIDE...

Editor's Letter	2
Club News	3
Club of the Month ...	10
HQ	14
Crossword	21
Sport on TV	22

Advice to clubs from the CIU's VAT Consultant Ian Spencer:

Many clubs will have submitted, or had submitted on their behalf, claims for VAT considered overpaid on gaming machine income, possibly for periods prior to December 6, 2005 as well as for periods after that date, up to and including January 31, 2013. To ensure claims were kept alive, appeals were submitted to HMCTS and stood behind the Rank litigation.

Part of the Rank litigation is now finalised – in favour of HMRC – and HMCTS is asking all clubs whether they wish to withdraw their appeal(s) – meaning any chances of recovering moneys from HMRC would be lost, or whether they wish to continue – in which instance HMCTS needs to be told by clubs the justification for this, i.e. which ongoing litigation/case do clubs wish to stand behind.

The CIU is currently taking advice regarding the specific response that clubs should make to HMCTS and this will be made available to all clubs via their Branch Secretary – but as a starting point if clubs engaged their accountant or any other advisor to submit an appeal on their behalf, the club should seek advice from that person.

All clubs should be mindful of the date by which HMCTS requires a response which we understand to be **March 24, 2016**.

EDITOR'S LETTER

Welcome to the March issue of *Club Journal*.

First of all, I'd like to thank South East Midlands Branch for their hospitality when I attended their AGM last month. It was great to get an insight into all the hard work that is being carried out at the Branch.

As you'll see from the front page story this month, there has been another development in the long-running issue of VAT on gaming machine income.

We asked Chris Haley, Managing Director of Dransfields, the Union's Preferred Supplier of Gaming Machines, to set out where clubs currently stand on this contentious topic.

It's certain that this won't be the last you hear of the 'Linneweber case' and rest assured we'll keep you informed of all the latest developments as they happen in future issues of *Club Journal*.

I recently attended the AGM of South East Midlands Branch and was pleased to hear feedback on *Club Journal* amongst many things

In other Union developments, the Education Training Pilot for the new Award

in Club Management took place in Liverpool last month so watch this space for details of when the new qualification will be available countrywide.

The Club Law and Club Finance Residential School will be taking place in Coventry later this month so please contact HQ for late availability if you want to take part in his highly worthwhile weekend that will help you run your club even more efficiently.

Our Club of the Month for March is Stifford Clays Social Club in Essex. They are another CIU club which has embraced the new family-friendly era and has effected a major turnaround in just five years, with the result that the club is looking forward to a bright future.

In the 'HQ' section (pages 14-15), Union General Secretary Ken Green CMD looks ahead to Conference Weekend (April 8-9) and urges clubs from all over the country to head to Blackpool to take part in this crucial Union event.

Ken also mentions the Beer & Trades



Exhibition which takes place on on Friday April 8, the day before the AGM, at the same venue, the Norbreck Castle Hotel.

It was a great event last year and is shaping up to be even better this time around with an expanded base of exhibitors alongside the Union's Preferred Suppliers, so if you can make it to the event, we'd love to see you there.

Last but not least, the Dransfields CIU National Quiz heats get underway this month so good luck to all the participating teams who will be aiming for a place in the Blackpool Final on April 9.

I hope you enjoy the issue.

Stephen Goulding, Editor

CLUB JOURNAL

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DON MACKFALL HONOURED AT ALVASTON & CREWTON CLUB



Presentation of 41-year Branch Executive Award to Don Mackfall of Alvaston & Crewton Club. Pictured, left to right: B Sheldon (Branch Executive), N Barnett (Branch President), Don Mackfall, Deputy Mayor Mark Tittley, J Flint (Branch Executive) and John Batchelor (Branch Secretary)

MANCHESTER BRANCH EXECUTIVE MARKS 31 YEARS OF SERVICE



Manchester Branch President David Woodburn CMD presents Branch Executive Howardson Clarke with his Award to mark 31 years of service to the Branch

Why not have your own personal copy of *Club Journal* delivered to the address of your choice each month? Fill in the form below and send to: *Club Journal*, ACP, 59/60 Thames Street, Windsor, SL4 1TX to obtain a year's supply of *Club Journal* for the special rate of £7.50, meaning that two of the 12 editions will be yours for free.

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OBITUARIES

Eric Lythall

It is with much sadness that Bradgate WMC, Rotherham, announces the death of their President, Mr Eric Lythall, who passed away on January 1, 2016.



Eric became a Committee Member in 1969 and was elected Vice-President in 1979 before becoming President in 1982.

He received his Distinguished Service Award for 40 years' service to Bradgate WMC from General Secretary Ken Green CMD.

Rest in peace, Eric, you will be sadly missed by all at Bradgate WMC.

Peter Sands

It is with deep regret that the Kent Branch announces the death of Peter Sands, aged 71.



Peter was elected to the Kent Branch in 1999 and became Leisure Secretary in 2005.

He joined Dartford Working Mens Club in 1978 and was elected as a Committee Member in 1983. He became Club Vice-President in 1989 and from 1994 to the present he served as Club President.

Peter was a very popular man and well-respected by all Club Members, Branch Members and Head Office.

He will be much missed by all his friends and family.

NEWS IN BRIEF

Call for entries for the 2016 CIU Sea Angling competition

The Sea Angling Championship, organised by the South Wales & Monmouthshire CIU, will take place on Sunday June 12 in Barry.

For more information and an application form, visit the CIU website: www.wmciu.org.uk

NEWS IN BRIEF

PRS for Music and PPL set to embark on joint venture

Following a strategic review, PRS for Music and PPL have announced that the two companies plan to create a joint venture.

The new company, jointly and equally owned by PPL and PRS for Music, would focus on serving all the companies' current UK public performance licensing customers.

This move is intended to streamline the process of public performance licences, allowing customers to secure a joint PPL and PRS for Music licence with a single phone call or via the internet, paid for with a single invoice.

Going forward, PRS for Music and PPL will be undertaking preparatory work for the joint venture.

It is anticipated that the new company would start licensing in 2017, followed by a 12-month period during which the full transition of public performance licensing would be completed.

The Union will monitor and keep its clubs advised of all the latest developments well ahead of the start of the new structure.

Robert Ashcroft, Chief Executive, PRS for Music, said: "Creating a single point of contact for our UK public performance customers would allow us to significantly simplify music licensing for UK businesses. It is in our members' and customers' interests to ensure that our licensing is ever more accurate and efficient. A joint venture between our organisations would be a landmark event for both societies."

Peter Leatham, CEO, PPL commented: "Both our organisations firmly believe that the proposed joint venture would be a very positive development for both our customers and our members, building on the successful joint licensing solutions and other joint working initiatives that PPL and PRS for Music have delivered over the last few years."

RICHMOND CLUB'S COUNTRY NIGHTS RAISE FUNDS FOR HEARTSTART CHARITY

Pictured, left to right: Club Secretary Les Walker, Chris Drugan, Loraine Coleman (Co-ordinator/Project Manager for Herefordshire Heartstart), Sue Stoker, Andy Morris (Artiste) and Sue Drugan

The Richmond Place Club in Herefordshire recently held a series of Country Music evenings in order to raise £500 for a local heart charity.

A personal donation was also made to the Herefordshire Heartstart charity by club member Sue Stoker in memory of her late husband and Club Treasurer Tom Stoker, making a grand total of £1,000.

Loraine Coleman of Herefordshire Heartstart said: "Thank you to everyone at the Richmond Place Club and to everyone who has supported the fundraising done at the Richmond Country Music Club evenings which raised this money for Herefordshire Heartstart."

"Also a huge thank you to Sue Stoker and her family, for the additional £500, in memory of Tom Stoker. It was hugely

generous of them and I was extremely touched by this kind gesture."

Herefordshire Heartstart is a local voluntary organisation and registered charity which delivers lifesaving training courses across Herefordshire for various groups, voluntary organisations, community groups, businesses and schools, as well as offering regular public courses.

The money raised will hugely benefit the programme of Heartstart training for schools, which no longer receives grant funding and runs on the generosity of the public through donations and fundraising.

The course teaches people what to do if someone is unconscious, choking, bleeding seriously or having a heart attack, and how to perform CPR (cardiopulmonary resuscitation).

Brockley Social Club honours Peter Baker

Brockley Social Club in South East London recently held a retirement party for Peter Baker who has served 46 years as Club Secretary. This month sees Peter completing 50 years on the Club Committee. Pictured, left to right: South East Met Branch President Trevor Baker making a presentation to his brother Peter.

Ken Hough receives 10-year Service Award



Union General Secretary Ken Green CMD recently visited Wickersley Social Club in Rotherham to present Club President Ken Hough with his 10-year Long Service Award. Pictured, left to right: Ken Hough, Ken Green CMD and David Coles (Secretary, Wickersley Social Club)

Hospice charity boost from Paradise WMC

Members of Paradise WMC in Burnley have delivered a boost for the local Pendleside Hospice charity by donating £800 to this worthy local cause.

Alex Catterall and Carl Wood organised a day of various fun activities and games at the club in January to raise £800.

“We had lots going on from killer darts and pool to horse racing on the TV,” said Alex.

“We have hosted the fun day for the last

few years for various charities but this year we have raised more than any other.

“On the day we made £726 but the club made the donation up to £800.

“Next year we’re aiming for a grand total of £1,000.

Carl added: “It was a great day and saw over 200 people coming along to get involved. Everyone who came was so generous and contributed towards a great local charity.”

NEWS IN BRIEF



Caledonian Brewery expands its range of bottled beers

Edinburgh’s Caledonian Brewery – owned by Heineken UK – is extending its range of bottled beers to include its two newest modern craft beers.

Coast to Coast and Three Hop are being added to Caledonian’s offering alongside existing products Edinburgh Castle, Flying Scotsman and Deuchars IPA to form the brewery’s core range.

Coast to Coast is a 4.6 per cent ABV bronze ale, brewed with full-leaf American hops, which is described as a ‘flavoursome and drinkable beer’ by its creators.

Three Hop is Caledonian’s first craft lager and has an ABV of 4.5 per cent. It is produced using three of Europe’s most renowned hops, hence the name.

Andy Maddock, Managing Director of Caledonian Brewery, said: “Caley is a very exciting place to be right now as we broaden our modern craft range to bring our customers and consumers not only the very finest in beer quality, but also exciting innovation with new beers and surprising flavours.”



FOR SERVICE

CENTENARY AWARD

Ashington & Ellington Club, Northumberland

DISTINGUISHED SERVICE

Eric Freeman, Wheatley WM Club, Doncaster

LONG SERVICE

Vincent Donnelley, Bedlington Social Club, Northumberland

CERTIFICATE OF MERIT

Paul Peterken, Belvedere WM Club, Kent
Janet Ballam, Castleward Club, Doncaster
Peter Christensen, Hamsterley & District Social Club, Durham
Trevor Turnbull, Hirst Progressive Social Club, Northumberland

CLUB NOTICES

Clubs Re-Admitted

Corby Trades & Labour Club (South East Midlands Branch)

Clubs Re-instated

Amasal Sports & Social Club (West Midlands Branch)

Clubs Withdrawn

Teddington Social Club (North West Metropolitan Branch)
 Watford Ex-Service and Social Club Ltd (North West Metropolitan Branch)

BISHOPTHORPE S&SC HOSTS 100TH BIRTHDAY BASH



Bishopthorpe Sports & Social Club hosted a 1940s extravaganza - complete with live band - to celebrate the 100th birthday of Marjorie Kerr, the Yorkshire town's oldest resident



The guest of honour Marjorie Kerr (pictured, centre) with the birthday card sent to her by Queen Elizabeth II



Guests enjoyed dressing up in 1940s costumes for the party and dancing along to some popular wartime tunes

Bishopthorpe Sports & Social Club hosted a 1940s-themed extravaganza last month as the Yorkshire venue celebrated the 100th birthday of the town's oldest resident, Marjorie Kerr.

The surprise event – organised by Marjorie's daughter Rosalyn – saw the guests kitted out in 1940s costumes and dancing along to a live band playing some of the most popular tunes of the era.

Marjorie has always loved dancing and met her late husband Bill through friends while at a dance. Together, Bill – who served in the Armed Forces during World War Two – and Marjorie ran a grocery

shop and then a sweets and tobacco shop until they retired.

Marjorie's daughter-in-law Christina Davison is a Committee member at Bishopthorpe Sports & Social Club, hence the choice of venue for this fantastic occasion.

"Bishopthorpe Sports & Social Club is celebrating its 70th anniversary in 2016 and this is the first time that we've hosted a 100th birthday party," said Dawn Paylor, Club Treasurer.

"Marjorie's friends and family did her proud with the event and I'm sure she thoroughly enjoyed her birthday party."

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STIFFORD CLAYS SC AT THE HEART OF THE COMMUNITY

Stifford Clays Social Club in Essex has come a long way since its low point five years ago when the club was facing seemingly unsurmountable debts. Thanks to sound financial management on the part of a new Committee and its family-friendly, community ethos, the club is now flourishing once again

Stifford Clays Social Club in Essex prides itself on being at the centre of the local community and has activities for all ages taking place seven days a week. Coupled with that, sound financial management on the part of the Committee has ensured that the club can continually reinvest into its impressive facilities which includes the Main Bar, Lounge Bar, Snooker Room, Hall and Beer Garden.

“We’re busy throughout the week and we’re a real local community hub,” says Club Secretary John Turner. “The council has shut some halls around our area so we’re currently accommodating charities, knitting societies and language classes.”

“We don’t charge for any of them to use the club as we see it as our part of service to the community.”

Traditional club sports also have a strong following at Stifford Clays with the club running two men’s darts teams, two women’s and one mixed team. They also have a dedicated snooker room which has just been refurbished and accommodates the club team.

“We’re very proud of our facilities. We have the ability and the space to host big darts tournaments in our Hall with six boards on the go at one time. The area darts league hold their tournaments at our club which is great for takings over the bar.”

Sound financial management has transformed the club’s fortunes from a point five years ago when they found themselves in £30,000 of debt. “When I came on board as Club Secretary, we were in dire straits,” says John. “We got a new Committee on board and looked at how we could turn it around.

“We sat down with Carlsberg and explained our vision for the club and they backed us. We also talked to our bank and extended the mortgage which really helped us get back on track. We’ve paid back Carlsberg, cleared the £30,000 debt and we’re just paying the mortgage now as well as being able to put money back into the club.

“Things are going really well,” he continues. “We used to be running on about 38 per cent profit but we had to adjust the



prices slightly so now we’re operating at 55 per cent profit on roughly £11,000 takings a week over the bar.

“It means we can invest in the club and really make it a great place to come for our members. For example, we used to have long, oblong tables in the Main Hall and it looked like a school dinner hall, so we’ve invested in round tables which really make a difference to the atmosphere.”

A large part of the new vision for the club centred around transforming the garden into a family-friendly play area. The impressive playground was actually built by members of the Committee who bought the materials with help from Carlsberg and then spent two months completing the project.

“Installing the children’s playground has been one of the best investments we’ve made as it has paid for itself tenfold,” says John.

“The parents can come in and sit down at the outside tables and have a drink and the kids can play about on the climbing frame. The garden is all fenced off so it’s a great, safe environment for the kids.

“The way we look at it, the youngsters are the future of the club and if you can get families involved through the play area and the children’s parties we have throughout the year – Christmas, Halloween, Bonfire Night and Easter – then that can only be good for the club going forward.”

Regular special events and live entertainment are also on offer at Stifford

Clays, including this month, an audience with West Ham and England legend Sir Trevor Brooking, an event which was unsurprisingly sold out months in advance.

“We’ve held five regular West Ham nights in our Hall and they’re always great evenings with the players doing a Q&A session on the stage,” says John.

“We’ve also had special darts events, including one last year with Eric Bristow and several other top darts players.”

Live music is also a mainstay of the club, as John explains. “Every single Saturday night and some Friday nights we have live music in our Lounge and once a month in the Main Bar.”

Members can also hire out the Main Hall for private functions and that has become a growing revenue stream for the club. “We host about seven weddings a year on average,” says John. “Members pay a nominal fee of £150 and that covers the cost of the room and the bar staff and then there’s a kitchen which their caterers can use. We make our money over the bar.”

It’s clear that thanks to the hard work of John and the Committee, Stifford Clays Social Club has a bright future.

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 Stifford Clays Social Club,
 Crammavill Street,
 Stifford Clays, Essex,
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 North East Metropolitan Branch

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ANY QUESTIONS?



Club Journal's panel of experts is ready to answer any of your queries regarding running your club

Q **Rugby League is really popular in my club so do you have any tips on making the most of the TV coverage throughout the season?**

Tracy Harrison, Marketing Director at Sky Business, responds:

Between now and October there's plenty of Rugby League action to be shown, with Super League a popular competition amongst club members.

It has certainly been an exciting start to proceedings since the new Super League season began – not least the 10-try demolition handed out to reigning champions Leeds Rhinos by Widnes, a shock result which could have big implications for how the competition pans out.

Fans of the 13-man rugby code have also been treated to some exciting play in the World Club Challenge, the unmissable annual event which pits the top English clubs against their Australian counterparts in the NRL.

From a packed schedule at the start of the season, to May's Magic Weekend and through to September's play-offs, there's so much exciting action to appeal to viewers in clubs, meaning better business opportunities for venues with a Sky Sports subscription.

We provide posters to clubs free of charge to help them promote upcoming rugby league fixtures to their members.

With the February issue of *Preview*, our free monthly sports magazine for licensed venues, we included a dedicated Rugby League poster highlighting the forthcoming season, and we include Rugby League fixtures in our monthly posters throughout the season.

Plus club managers and licensees can go to myskysports.com to download club-specific posters to put up around their venue.

Rugby league fans are some of the most dedicated and passionate fans of any sport, so if you've got a lot of Leeds Rhinos

The new Super League season got underway in February



supporters who visit your club, for example, these posters will highlight and promote the fact that you'll be showing them whenever they're live on Sky Sports.

This year Sky Sports is celebrating 20 years of showing Super League, and we'll be bringing clubs more than 100 Rugby League games in 2016, so there's a really good opportunity for our customers to make the most of the sport to attract supporters and keep them in your venue for longer, spending more money.

Sky Sports' commitment to bringing viewers the most comprehensive coverage of Rugby League means that every Super League team will be featured by the end of Round 10.

Magic Weekend and the Kingstone Press Championship's Summer Bash also return in May, meaning every Super League and Championship club will be shown live over two consecutive weekends – a real occasion which is well worth promoting among the Rugby League fans in your club.

Week-in, week-out, the players of Super League demonstrate superlative skill, athleticism and mental toughness so make

sure your members don't miss out on the great end-to-end Rugby League action available on Sky Sports.

Upcoming Super League fixtures (all exclusively live on Sky Sports)

*Thursday 10 March
Widnes Vikings v Hull FC*

*Friday 11 March
Wigan Warriors v Leeds Rhinos*

*Saturday 12 March
Catalans Dragons v Warrington Wolves*

*Thursday 17 March
Wigan Warriors v Widnes Vikings*

*Friday 18 March
Leeds Rhinos v St Helens*

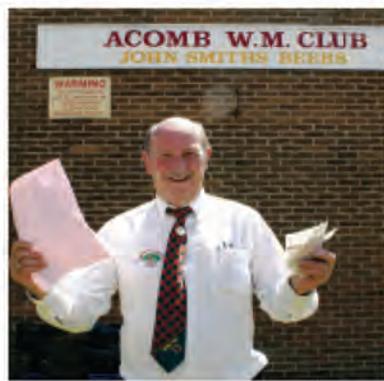
*Thursday 24 March
Castleford Tigers v Leeds Rhinos*

*Friday 25 March
St Helens v Wigan Warriors*

WANT TO SLASH YOUR BILLS AND SAVE THOUSANDS EACH YEAR LIKE THESE C.I.U CLUB'S HAVE WITHOUT IT HITTING YOUR POCKET...??



Secretary John Lane at Acomb Wmc and his Club Committee have been over the moon with their recent saving's and given how times are tough these saving's have been truly valuable to the Club.



John goes onto state," Smart Energy installed LED lighting into our Club Concert Room by swapping out our old inefficient lights and the saving's were instant and are absolutely phenomenal. It is the the best thing that has happened to our Club in a long time. We have seen a huge drop in our electric spend of £500 per Month.! The Committee and I would strongly encourage other Club's to take advantage of the fantastic help and advice available from CIU's Approved Energy Experts-Smart Energy. We have recently at the end of last year asked them back to install LED's into the rest of the Club to make further Savings."

John Lane-Club Secretary.....

SAVING A HUGE £6,000 PER YEAR ON LIGHTING

Derbyshire Branch Executive John Batchelor and Secretary of Alvaston and Crewton Wmc is a great supporter of Smart Energy and states that more Club's should be thinking smarter to reduce their overheads within their Cellar.



John like many other Secretaries was still paying to cool the Club's beer throughout the colder month's and still didn't realise that the running of their cellar cooler was costing the club in excess of £3,000 per year when having to use them 24/7 all year round.

John states" Smart Energy advised us that we would only need to use our existing cellar cooler for 6 months of the year and that we could use the cold air from outside when 10 degrees and below. We were told that this would then save 50% of our existing running costs so our Committee jumped at the chance to have their Free Air Cellar System installed and as stated over the 6 month period we have saved £1,590 so we are delighted and would not hesitate to recommend this system to any other Club who are having to run their cellar coolers 24/7 in order to keep their beer cool."

John Batchelor- Club Secretary...

SAVING A HUGE £1,590 OVER 6 MONTHS ON HIS CELLAR.

Paul Bird President of Bordesley Labour Club in Wolverhampton West Midlands contacted Smart Energy with a view to looking at their existing Club heating which wasn't effective at all. They had a very old gas boiler in situ which was costing the club £10,000 a year to run in gas and the Club Committee needed to find a way in order to reduce their heating spends. Smart Energy conducted a free site survey and explained to Paul that there was a much smarter way of eliminating the gas boiler completely in exchange of our low watt heating panels so each room can be heated as and when they needed them to be warm.

Paul states" After actioning Smart Energy's advice our Club Committee went ahead with the install of low watt heating panels and we are delighted to state that our heating costs have now dropped considerably to just £4,500 per year and has exceeded all of our expectations.



Paul Bird-Club President...

SAVING A HUGE £5,500 PER YEAR ON HEATING

SMARTENERGY PROJECTS

Is your electricity spend **over £800** per month?

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Guaranteed savings
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per month

Free Air Cellar System

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Reduce Your Cellar costs by £1,500 Over A Year
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Prolongs The Life Of Your Cellar Cooler

15%
Guaranteed savings
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per month

Eco Voltage Optimisation

Saves You Money 24 Hours A Day 7 Day's A Week!
Most Club's Save Between 10 and 19%
Easy Installation Fits Most Clubs
Tried, Tested and Working In Over 1,500 Sites

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If you can relate to any of these Club's and you are looking to really make a difference to slashing your bills then pick up the phone today and call Amy for a FREE Survey and Energy Management Report to see how many thousands of pounds your own Club can save.

NEWS IN BRIEF

Final call for places at the Law and Financial Weekend

If you would like to take part in the Union's Club Law & Club Finance Residential Weekend, taking place later this month, please contact Head Office direct in order to check whether there are still places free.

Being held at the Royal Court Hotel in Coventry from Thursday March 17 to Sunday March 20, the course will be excellent preparation for those taking the Club Management Diploma (CMD) Exams in May.

A charge of £75 (VAT inclusive) will be made for the course but applicants will need to meet the costs of travel to the venue.

The course cost covers full board, lectures on Club Law and Club Finance and includes students folder, pad and literature.

Applicants must be a financial member of their club and hold the Union Associate and Pass Cards. An application form can be obtained from your Club Secretary or downloaded from www.wmciu.org.uk

For further information on the course, contact Cath Fitzpatrick in the Leisure Department at Head Office – Tel: (020) 7226 0221; Fax: (020) 7354 1847; email: cfitzpatrick@wmciu.org

2016 NEC Meeting schedule

The remaining National Executive Council (NEC) meeting dates for 2016 are as follows:

- March 2 & 3
- April 7, 8 & 9 (Venue: Blackpool)
- May 4 & 5
- June 1 & 2
- July 6 & 7
- August 3 & 4
- September 7 & 8
- October 5 & 6
- November 2 & 3
- December 7 & 8

Union to host CORCA meeting

The next meeting of the Committee of Registered Clubs Associations (CORCA) will take place at CIU Head Office on Wednesday March 16.

CORCA is made up of 11 club organisations, including the CIU.

GENERAL SECRETARY LOOKS AHEAD TO THE 2016 CIU CONFERENCE

Union General Secretary Ken Green CMD hopes that as many delegates as possible will travel to Blackpool in April to participate in the AGM and visit the Trade Show

Conference Weekend is just around the corner and I am looking forward to participating in the AGM for the second time in the role of General Secretary, although I have been attending the Annual Meeting in Blackpool since the 1970s.

It's an important event for the Union and I hope that we see a really good attendance in 2016 with delegates from all around the branches coming together under one roof to help shape the future of the Union.

I believe we're in a good position as a Union, with the Officers and NEC all working together to ensure that we carry out the wishes of the wider membership as we strive to evolve as an organisation and stay relevant in the 21st Century.

As a democratic organisation, it's crucial that our clubs feel that they have a voice and the AGM is central to that ethos; the leadership team takes its mandate from its members and we are there to carry out our duties under your guidance.

There have been some great debates at previous AGMs down the years, a sign of just how passionate our members are about the Union and what it represents - so long may that continue.

But as well as the formal business of the AGM, Conference Weekend is also an opportunity to network, meet up with old friends, and, of course, forge new friendships with members from across the country.



Union General Secretary Ken Green CMD

At no other time of the year do we get the chance to assemble so many representatives from such a breadth of clubs in one place to share their knowledge of the sector, so let's make the most of this occasion.

I would also urge you to encourage as many members as possible to go along to the Beer & Trades Exhibition on the day before the AGM at the same venue, the Norbreck Castle Hotel.

This is a great event where you can meet with representatives of the Union's Preferred Suppliers as well as other companies associated with clubs.

You can also find out about the Union's many services, including our new education programmes which are being rolled out over the coming 12 months.

So, I hope that's encouraged you to make the trip to Blackpool if you weren't already doing so— see you there?

Dransfields CIU Quiz Final set for April 9

The Dransfields CIU National Quiz Final will take place at the Norbreck Castle Hotel, Blackpool, Saturday, April 9, immediately following the Union AGM held at the same venue.

The competition's regional heats will all have been completed by the end of March with the qualifying teams taking their place in the prestigious Final where the victorious team will win a top prize of £500.

Dransfields CIU National Quiz - Heats
Yorkshire: Crigglestone Workmens Club, Monday February 29, 7pm

South Wales: Rogerstone & Bassaleg Social Club, Wednesday, March 16, 7pm

North East: Lemington & District Club & Institute, Thursday, March 10, 7pm

Lancashire: Lamberhead Green WM Club, Tuesday, March 15, 7pm

South East: Epsom Common WM Club, Wednesday, March 23, 7pm

Midlands: Willenhall Social Club, Sunday, March 13, 7pm

Dransfields CIU National Quiz Final

Blackpool: Norbreck Castle Hotel, Saturday, April 9 (following conclusion of the CIU AGM).

CIU officials discuss key issues facing clubs during the latest APPG at the House of Commons

The latest All-Party Parliamentary Group (APPG) for Non-Profit Making Members' Clubs took place at Westminster on Tuesday February 9 with several CIU officials, including the President and General Secretary, in attendance to discuss matters related to clubs

Attending the meeting from the CIU were President George Dawson CMD, General Secretary Ken Green CMD, NEC Member Bob Russell CMD, NEC Member Dave Gravel and Head Office Manager Stephen Goulding.

One of the key agenda points was regarding the Club Premises Licensing Act and the condition which states that clubs must ensure free drinking water for customers.

Mr Dawson explained that some Licensing Officers are interpreting this as "free water on demand" which means that at certain events at CIU clubs, visitors are not buying drinks but instead asking for free tap water.

This, he said, was putting a financial strain on some clubs as providing free water on demand meant that they were struggling to recoup staff and glass cleaning costs.

He stated that he believed that the notion of "free water on demand" was against the

intention of the legislation which was to provide free drinking water for those customers who had already purchased drinks from the bar in order to dilute any alcohol they may have consumed and thus promote responsible drinking.

Mr Green added that part of the problem was that there was such regional variation in how Licensing Officers were interpreting the Act that it made it difficult for club organisations to give standardised advice to their members.

Another agenda point raised was regarding bank charges.

Mr Dawson cited several instances where banks were levying variable charges on CIU clubs for handling cash.

Since many clubs only deal in cash and do not take credit or debit cards, this is an unwelcome development and would mean a



significant extra cost burden for many clubs each year.

Mr Dawson posed the question of whether the Financial Conduct Authority (FCA) had sanctioned the banks to increase their charges for handling cash.

It was agreed that one of the MPs present at the meeting would draft a letter to the FCA on behalf of the APPG asking for clarification on this point.

CIU Contracts and Handbook available from Branches

The CIU Contracts and Handbook which we produced last year have now been reprinted due to demand 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 and have been produced to a high, professional standard.



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

HAYDOCK PARK	Wednesday 23 March	£10 (50% discount)	Afternoon Raceday
CHEPSTOW	Thursday 24 March	£12	March Jump Racing
HAYDOCK PARK	Saturday 26 March	£10 (50% discount)	Easter Family Fun Day
WOLVERHAMPTON	Sunday 27 March	£7	Easter Sunday Raceday
CHEPSTOW	Monday 28 March	£12	Easter Monday Raceday
SOUTHWELL	Thursday 7 April	£7.50	All-Weather Afternoon Racing
NEWCASTLE	Friday 8 April	£12	Afternoon Jump Raceday
SANDOWN PARK	Friday 22 April	1/3 off to CIU Members	bet365 Friday
SANDOWN PARK	Saturday 23 April	1/3 off to CIU Members	bet365 Jump Finale
HAYDOCK PARK	Saturday 23 April	£10 (50% discount)	Flat Racing
HAYDOCK PARK	Saturday 7 May	£10 (50% discount)	Jump & Flat Racing
HAYDOCK PARK	Friday 20 May	£10 (50% discount)	Flat Racing
HAYDOCK PARK	Saturday 21 May	£10 (50% discount)	Temple Stakes
NEWCASTLE	Thursday 26 May	£12	Lord's Taverners Racenight
HAYDOCK PARK	Thursday 26 May	£10 (50% discount)	Flat Racing
HAYDOCK PARK	Friday 27 May	£10 (50% discount)	Flat Racing
HAYDOCK PARK	Saturday 28 May	£10 (50% discount)	Sandy Lane Stakes
NEWCASTLE	Saturday 4 June	£12	JT Dove Derby Day
NEWCASTLE	Thursday 23 June	£12	Betfred Seaton Delaval Trophy Raceday
NEWCASTLE	Friday 24 June	£12	Betfred Gosforth Park Cup Night & Beer Festival

CIU Racing Club Booking Form

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**Please send this booking form plus cheque (made payable to the appropriate racecourse) to:
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Thames Street, Windsor,
SL4 1TX**

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ADVERTISER INDEX – The magazine

PREFERRED SUPPLIERS

- Aonpage 20
- Carlsberg UKpage 24
- Co-operative Bankpage 17
- Dransfieldspages 8 and 9
- Smart Energy Projectspage 13

GENERAL SUPPLIERS

- Ace Furniturepage 17
- BT Sportpage 7
- Leicester Racecoursepage 16
- Nelson Dishwasherspage 17
- Thames Contractspage 17

CLASSIFIED

- Style Seatingpage 21
- Trent Furniturepage 21
- Recruitmentpage 21

**ADVERTISER INDEX –
The Beers & Trades Show Supplement**

- Ace Furniturepage iii
- Aonpage iv
- Carlsberg UKpage iii
- Dransfieldspage iv
- Heineken UK and BT Sportpage iv
- Simply Better Businesspage iii

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Contact Secretary on (01253) 344583

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- a visit to the seaside • a ferry ride to Fleetwood

- a bowling green competition

or just our good food and entertainment.

SALISBURY AVENUE, KNOTT END-ON-SEA, LANCs.

Bar telephone (01253) 810362

Telephone Secretary Mrs Karen Bradford in the office for dates and details – (01253) 812226

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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@gmail.com

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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 beach.

Please contact secretary on (01323) 727703.

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102/104 Firlie Road, Eastbourne BN22 8ET.

Tel: (01323) 723322

Email: ewmcltd@gmail.com

www.ewmc.org

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 round.

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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

COMRADES SPORTS & SOCIAL CLUB, CLACTON

A warm welcome awaits at both our premises. 205 Old Road, a short walk from seaford, has live entertainment Saturday evenings, disco Sunday afternoons, back garden and car park. 9 Colne Road is one minute from sea front. Live entertainment Tuesday, Thursday, Saturday afternoons and Saturday evenings. Pool, darts, raffles and bingo at both. Coach parties welcome by ringing the Secretary in advance on (01255) 423 314.

HUNSTANTON (NORFOLK) UNITED SERVICES SOCIAL CLUB

A warm welcome to all visitors. Large enclosed garden and car park with sea views. Three snooker tables, also pool table and darts. Bingo Mondays and Thursdays and one game Saturday evening. Live weekend entertainment. Catering arranged on request. Disabled friendly. Close to Sandringham Royal Estate, Coaches welcome midweek.

Contact Club Steward on (01485) 533360.

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

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Tel: (01983) 716482

email: cowesscsc@onwight.net

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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.

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Contact Secretary, Les Walker on (01432) 356 529.

email: richmondclubsecretary@btconnect.com

KENT

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Telephone (0208) 303 2163

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134 BURNT ASH LANE, BROMLEY.

Tel: (020) 8464 3638 (Office); (020) 8460 6348 (Club)

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Belle Isle WMC

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Contact Secretary on (0113) 2718 768.

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LEICESTER & EAST MIDLANDS

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Tel: (01604) 456 602 www.stjameswmc.co.uk

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Please call Steve Fearon 01302 882936
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 com, website www.carcroftvillagewmc.com

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 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 Tregwylm 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 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.

WESTON-SUPER-MARE WMC

Orchard Street, Weston-super-Mare.
 Telephone: (01934) 418 202
 A warm welcome is extended to Associates and their
 families in Weston’s premier club.
 Situated in the town centre and close to the sea front.
 Live entertainment every Saturday and Sunday evening,
 Sunday, Tuesday and Wednesday afternoon Bingo (Friday,
 Saturday and Sunday). Buffets arranged.
 Large downstairs concert room seating 250.
 Coach parties welcome including a
 Saturday. Please contact the Secretary giving
 prior notice of visit. Open all day.

WEYMOUTH WMC

MITCHELL STREET, WEYMOUTH,
 (Harbour End Of Town)
 Less than 5 minutes from the beach!
 We welcome all CIU affiliated members.
 Music Friday & Saturday evenings,
 with Bingo fliers on these nights.
 Plus the usual club activities.
 Restaurant now open.
 Tel: (01305) 786 392 or (01305) 787254
 www.weymouthworkies.co.uk

**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. Line Dancing Mondays.
 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

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

7 Beaumont Street, Darlington 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 0EY 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.

OSBORNE WMC

Osborne Road, Chester-le-Street, County Durham DH3 3DS. 200 yards from the station and short walk to the Riverside Cricket Ground. Evening car and coach parking facilities. Live entertainment every Saturday night. A great place to call in after your day at the races. Bingo Mondays and Fridays. Just give us a ring on (0191) 388 8679.

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 15 mins 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

POPPLETON ROAD WMC

132 Poppleton Road, York YO26 4UP **(01904) 793398** A warm friendly welcome assured to all CIU affiliates and guests. Wide selection of beers available, ideal for the races and close to the city centre. Bingo and raffle Fridays. Live entertainment and bingo, Saturdays and Sundays.

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..

Tang Hall Social WMC

Talbot House, 25 Hull Road, York YO10 3JL 15 minutes' walk from city centre. Excellent car parking, close to York bypass and A64. Concerts every Sunday night. Bingo and prize games five times a week. 250-seater concert room available for private functions. Games room bar with large screen TV Coach parties welcome by appointment. Tel: **(01904) 410565**

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**

MEMBERS' CORNER

Informative articles which affect our life by **Dione Mobley**

There is a saying "you cannot exercise your way out of bad nutrition".

Advanced proven scientific research by the medical community has revealed the harmful effects sugar can cause to our health. As we eat sugary foods it has been found to produce fat in the liver. The World Health Organisation (WHO) recommends we should halve the amount we consume each day.

Many forms of sugars are added to make up the ingredients in both the food and soft drinks industry. It gets added to just about everything.

Sugar is now recognised as being the No.1 cause for obesity in our children and adults across the country. However, nearly everything we eat contains some sort of sugar additive or substitute. It is important to understand and read food labels carefully.

While organic foods are promoted as the answer to a much healthier diet,

canned fruits and vegetables packed in water or fruit juice without added salt or sugar are good for us, sometimes much cheaper and have the same dietary value as fresh or organic.

Even if you eat a healthy balanced diet you may need some vitamins or minerals. For example, Vitamin D is recommended for people who are not exposed to much sunshine.

It is recommended all children aged six months to five years should take a supplement containing vitamins A, C and D. This is a precaution as children may not always get enough vitamins in their daily diet or be eating a varied daily diet.

All pregnant women or those who are thinking of starting a family should take a Folic Acid supplement. The National Institute for Health and Care Excellence (NICE) recommends this as an important mineral to help prevent neural tube defects in newborns.

However, taking too many supplements can also be harmful. You should always ask your GP what they would recommend before adding any food supplement to a daily diet.



Insurance for CIU clubs ...don't just take our word for it.

The cherry on the cake was we saved money

Peter Crockett Club Secretary of Chillington Sports & Social Club.

Aon can arrange insurance for social clubs, with cover for your legal liabilities such as public and employer's liability included as standard.

You will be able to build your club insurance to fit your requirements, by adding further options on, such as property or business interruption.

The price will be based on your club's own circumstances and requirements, so give us a call to arrange a face to face visit.

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Belle Isle Working Men's Club

Belle Isle Road, Leeds LS10 3PE

Applications are invited for a club steward and spouse

Please apply in writing to the secretary, with full CV and current references.

This position will be subject to CRB checks.

Excellent package and modern accommodation.

Closing Date 31st March 2016

Club Manager required

Club Manager wanted with at least 5 years experience and to hold a personal license.

Hours and salary are negotiable but 2 references required.

Accommodation may be available if required.

Please send all information to the Club Secretary.

Deadline for applications is February 10:

Earls Barton Old Silver Band Club & Inst Ltd

4 Queen Street, Northampton, Northamptonshire NN6 0LN

T: 01604 810 418

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

ACROSS

- 1 Singe disc or change within. (6)
- 5 Well-adapted, but not dealt well with skinny flap. (6)
- 10 Shattered, but everything's included. (3,2)
- 11 Count on Gran Turismo to make explosive material! (9)
- 12 Chair feature that's smarter somehow. (7)
- 13 Construction toy can come about. (7)
- 14 A rice dish suitable for Heather. (5)
- 16 How to coat the 'gliterati'? (9)
- 19 Deleted it in a way that shows you own it. (5-4)
- 20 Make it the tenth... (5)
- 22 Thought moodily of chicks with the editor! (7)
- 25 Post-game enquiry somehow unites people in line, say. (7)

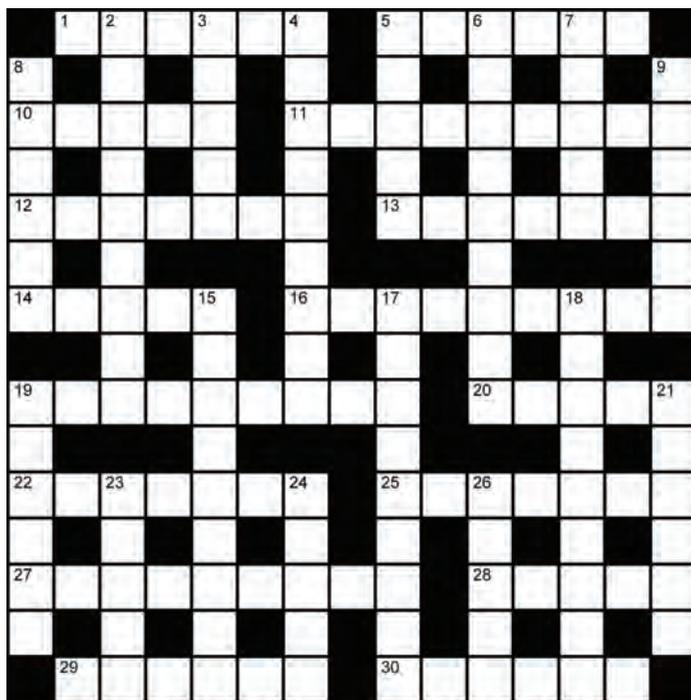
- 27 Immoral aims that need tying up? (5,4)
- 28 Advertise outside to turn away. (5)
- 29 In the middle of recent changes..... (6)
- 30 Ensnarl, having seen me shaken somewhat. (6)

- 17 Issues die out when not the main problem. (4,5)
- 18 Collectors after Hunter? (9)
- 19 Small pipe that's left in U-tube by mistake. (6)
- 21 Tin, yet to be opened for one. (6)
- 23 It's a gas, with no defined region. (5)
- 24 Closely crowded, so needs spreading out as... (5)
- 26 ...scruple in equal measure. (5)

DOWN

- 2 Is he a pillar of the editorials? (9)
- 3 Anger management - it's a cooker! (5)
- 4 Tall furniture for top eaters? (4,5)
- 5 Material that's vertically mined. (5)
- 6 Forestry skill of crowd at play. (9)
- 7 Mantras that can give you boney hollows. (5)
- 8 Wine holder broken - a farcel! (6)
- 9 Siesta has two ways to seep. (6)
- 15 Correction is a repair intended to sound right. (9)

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



Name _____

Club _____

Address _____

CROSSWORD SOLUTION

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

- Michael Bell of Tynemouth Club
- Mr RT Allen of Mablethorpe Social & WMC
- Noel Jones of Kingston Workingmens Club
- Ian Storey of Bishop Stortford Social Club
- Mr R Dawson of High Howden Social Club





Saturday March 12, 4pm – ITV
Six Nations Rugby: England v Wales

A massive game as Wales return to Twickenham for the first time since their momentous World Cup pool victory over England last year when they effectively knocked the host nation out of the tournament. The home side will be out for revenge this time around.



Wednesday March 16, 7.45pm – BT Sport
UEFA Champions League: Barcelona v Arsenal

Having already welcomed reigning champions Barcelona to The Emirates, can the Gunners now travel to the Nou Camp and achieve the necessary result in this last 16, second leg clash which will take them to the quarter-finals? It is a tough ask for the Londoners.

SPORTING HIGHLIGHTS

Club Journal looks ahead to some of the key sporting fixtures coming up in March, including the Barclays Premier League Manchester Derby and some mouthwatering last 16 UEFA Champions League clashes

Saturday March 5
 12.45pm
 BT Sport 1 HD
**Barclays Premier League:
 Tottenham Hotspur v
 Arsenal**

Saturday March 5
 5.30pm
 Sky Sports 1 HD
**Barclays Premier League:
 Watford v Leicester City**

Wednesday March 9
 7.45pm
 BT Sport
**UEFA Champions League -
 Last 16, 2nd Leg: Chelsea v
 PSG**

Thursday March 10
 7pm
 Sky Sports 3 HD
Premier League Darts

Thursday March 10
 8pm
 Sky Sports 2 HD
**Super League: Widnes
 Vikings v Hull FC**

Friday March 11
 8pm

Sky Sports 2 HD
**Super League: Wigan
 Warriors v Leeds Rhinos**

Saturday March 12
 12.45pm
 Sky Sports 1 HD
**Barclays Premier League:
 Norwich City v Manchester
 City**

Saturday March 12
 4pm
 ITV
**Six Nations Rugby: England
 v Wales**

Saturday March 12
 5.30pm
 Sky Sports 1 HD
**Barclays Premier League:
 Arsenal v West Bromwich
 Albion**

Sunday March 13
 1.15pm
 Sky Sports 1 HD
**Championship:
 Wolverhampton Wanderers
 v Birmingham City**

Monday March 14
 8pm



Arsenal v West
 Bromwich: Sky
 Sports 1 HD,
 Saturday, March 12

Sky Sports 1 HD
**Barclays Premier League:
 Leicester City v Newcastle
 United**

Tuesday March 15
 7.45pm
 BT Sport
**UEFA Champions League -
 Last 16, 2nd Leg: Manchester
 City v Dynamo Kiev**

Tuesday March 15
 12.30pm
 Channel 4

**Horse Racing:
 Cheltenham Festival - Day 1**

Wednesday March 16
 12.30pm
 Channel 4
**Horse Racing:
 Cheltenham Festival - Day 2**

Wednesday March 16
 10am
 Sky Sports 2 HD
**ICC World Twenty20 Cricket:
 West Indies v England**



Sunday March 20, 4pm – Sky Sports 1 HD
Barclays Premier League: Manchester City v Manchester United

These two proud rivals meet at The Etihad for a fixture which will split the city in two. Can United upset the form book and put a disappointing season behind them to beat their bitter foes?

Wednesday March 16
 7.45pm
 BT Sport
UEFA Champions League - Last 16, 2nd Leg: Barcelona v Arsenal

Thursday March 17
 7pm
 Sky Sports 1 HD
Premier League Darts: Glasgow

Thursday March 17
 8pm
 Sky Sports 2 HD
Super League: Wigan Warriors v Widnes Vikings

Friday March 18
 10am
 Sky Sports 1 HD
ICC World Twenty20 Cricket: South Africa v England

Tuesday March 15
 12.30pm
 Channel 4
Horse Racing: Cheltenham Festival - Day 5

Friday March 18
 8pm
 Sky Sports 2 HD
Super League: Leeds Rhinos v St Helens

Friday March 18
 7.45pm
 Sky Sports 1 HD

Championship: Middlesbrough v Hull City
 Saturday March 19
 12.30pm
 Sky Sports 1 HD
Championship: Derby County v Nottingham Forest

Saturday March 19
 12.45pm
 Sky Sports 1 HD
Barclays Premier League: Swansea City v Aston Villa

Saturday March 19
 5.30pm
 BT Sport 1 HD
Barclays Premier League: Tottenham Hotspur v Arsenal

Saturday March 19
 2.30pm
 BBC
Six Nations Rugby: Wales v Italy

Saturday March 19
 8pm
 BBC
Six Nations Rugby: France v England

Sunday March 20
 1.30pm
 Sky Sports 1 HD
Barclays Premier League: Newcastle United v Sunderland

CIU Sport/Games

CIU Cribbage Pairs

The Cribbage Pairs Semi-Final and Final was held on January 23 at the Wyken WM Club between:

- S McKnight & J Baker (Colchester Belle Vue Club)
- J Morgan & D Madden (102 Social Club)
- D Chester & B McMahon (Brafield on the Green Club)
- W Jordan & A King (Haydon Wick WM Club)

The Final was between D Chester & B McMahon (Brafield on the Green Club) and S McKnight & J Baker (Colchester Belle Vue Club).

D Chester & B McMahon won 4-1.

The players and supporters were welcomed at the Wyken Club by Allan Huxtable, Entertainment Secretary, and the Union representative was Warwickshire Branch Secretary Graham Holt (pictured, below, presenting the trophy to the winning pair).



Sunday March 20
 4pm
 Sky Sports 1 HD
Barclays Premier League: Manchester City v Manchester United

Saturday March 26
 2pm
 Sky Sports 2 HD
ICC World Twenty20 Cricket: Sri Lanka v England



Sri Lanka v England:
 Sky Sports 2 HD,
 Saturday, March 26

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†50 sets of 48 x Carlsberg-branded pint glasses and 1 x table top chalkboard (33x21cm) available on first come first serve basis. Must install Carlsberg or Carlsberg Export and quote 'CMI' to 08453 710 199, 1 set per customer. Install must take place before 28th Feb 2016