



To Head North & Beyond

It was Monday 14th August and I headed on the green bus to the airport. Spotted the Belfast stop on the way in, no time for a tea or newspaper. Five minutes and I was away on the non stop express bus to Belfast arriving at 2 o' clock. I took a taxi out to a lovely house in a quiet cul de sac. This was to share with my sisters over the next three days. They arrived from the International Airport, Tuesday morning. A quick drink and then we made our way by bus to the Titanic Exhibition. It was incredible and we spent four hours plus looking around the site. It started with a Family souvenir photograph. Then into Boomtown in Belfast, the histories of the industries that makes a thriving city, linen and whiskey as well as the ship building. Next came the shipyard and the launch. We explored the ship from top to bottom. Followed her sea trials and maiden voyage with the catastrophic sinking. The story of the survivors and the lifeboat heroes to walk the length and breath of the great ship. We then paid a visit to SS Nomadic, the service vessel that has been restored and put on show. Next morning we were up early, lunch packed and heading out for the Game of Thrones film locations tour. A coach trip for the day. We started along the side of the Belfast Lough to Carrick Fergus Castle. We then travelled on to the Cushenden Caves and the Dunluce Castle. While touring the beautiful North Antrim Coast we stopped off at the Giant's Causeway for a forty five minute guided tour, it was very enlightening and well worth a visit. Then on to the rope bridge and the dark hedges that was spectacular. It was stunning scenery all along the coastline. Then we headed back to city centre. The following morning we caught a hop on hop off bus around Belfast which included the Museum to view the wonderful tapestry of the Game of Thrones. The sights and sounds were marvellous with a good guide. We thoroughly enjoyed the fabulous artwork on the buildings and dividing wall. It was a historic sight seeing trip. Next is a flight to Bristol and car ride up to Lincolnshire to see the grand children. We took them to the beach at Skegness and they enjoyed a donkey ride and ice cream. We had a lovely meal while there. We followed that up with a visit to Tennysons Village of Somersby to play on the rocks in a sandstone quarry, an old haunt of ours from many years ago.

Paul C

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October Events

4th Harvest Festival

10th World Mental Health Day

18th Bradbury & river walk
/ or Cinema

25th Out & About

October 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2 Policy Meeting Walking	3 House meeting Efficacy Talk	4 Art Class Harvest Festival	5 Walking Publication	6 Discussion	7	8
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Kate & Susan

Kate was an assistant in a local shop. The shop was just beside a national school. The school children were down every day. Only sixth class were allowed down. They used also have to get sweets for the younger children.

Susan was a bully and always wanted to be served first, but Kate used to put her foot down and serve the children as they came in. She was always threatening to tell one of Susan's parents if she saw them but she never did.

One day Susan stuck her tongue out at Kate and ran off. Kate went to the door and shouted at her that she was serious this time.

That afternoon Susan's mother was in the shop and Kate told her about Susan's behaviour. She was even saying are you sure it was Susan. I didn't think she was like that.

That night Susan's parents spoke to her and told her not to go down to the shop again. Whatever they said completely changed Susan. She didn't go down to the shop anymore.

Kate was even at her wedding.



Patricia D

Social Events

Bowling

We went on a Bowling social to K Bowl in Toughers on Wednesday 13th.

We were divided into two groups, the ladies on one lane and the gentlemen on the other. Some of the members had to change their footwear to wear more suitable shoes.

Paul C had the highest score in our team and I came a close second getting no strikes but three spares.

After bowling most of us had ordered food, some had chicken and chips and the rest had either a salad roll or a wrap. It was very enjoyable.

Clive C

Cinema

This week's social was held after hours on Wednesday 20th September. We departed Clubhouse and walked to the Odeon, Whitewater, Newbridge in the rain. The movie we went to view was "Victoria & Abdul". It was about Queen Victoria (Judi Dench), and was based on a true story. The Era was depicted really well. I loved the costumes and the acting was excellent. I'd give the movie an 8 out of 10 rating. It was a nice movie and well worth viewing.



Sheena H

Halloween Tea Brack Recipe

What you need:

- 225g/8oz Odlums Self Raising Flour
- 350g packet of Shamrock Fruit Mix
- 300ml/½pt Cold Tea
- 125g/4oz Shamrock Golden Caster Sugar
- 1 Egg, beaten
- Good pinch Goodall's Mixed Spice
- Ring or other Charms
- Rowse Honey (for decoration)

Method:

1. Place fruit and tea in a bowl and leave to soak overnight.
2. Add sugar, egg, flour and mixed spice and mix well.
3. Wrap ring and any other charms in greaseproof paper and stir into mixture.
4. Transfer to a greased and base lined 20cm/8" round cake tin or 900g/2lb loaf tin.
5. Bake in a preheated oven 170°C/325°F/Gas 3 for approx one hour or until risen and firm to the touch.
6. Cool on a wire tray. When cold, wrap in greaseproof paper and keep for two days before cutting.
7. Melted honey may be brushed over brack before cutting



Day Trip

On Thursday 23rd August, myself and three other members went on a day trip to Dublin. We got the train from Newbridge to Huston Station and got the bus around Dublin. It was the hop on, hop off special and you could hop off at six stops around the city and in fifteen minutes get the next bus and continue on your tour.

We saw many places of interest around Dublin and the guide gave us a detailed report on things of interest that happened in places like the G.P.O and Moore Street.

The tour bordered on the Phoenix Park but did not go into it. It was a very enjoyable tour and a lot of the history of Dublin was explained to us.

We went into Insomnia at Huston Station and got fish and chips and a soft drink and had a very enjoyable day. Tommy K, Michael P, Seamus D, and myself were delighted with the trip.

Joe G



Employment, Education & Community

Congratulations to James K on starting his VTOS course, Sheena H on starting her new job in Naas Library, and Anna, on starting her job in Miena's Nougat Factory.

The Education Unit has organised information technology basics classes on Mondays 11-12 pm. All members welcome. Catherine and Michael will be working with the participants. Music in Mind drumming will be taking place on Thursdays 11-12.30pm in Kildare Town, starting in October. Do come along. An employment workshop will take place in conjunction with other Clubhouses in the design of a new employment pack.

Community visit took place to the Riverbank to view the Harvest Festival, to Intreo to organise social cards, and shopping, also, a visit to Dochas Clubhouse in Sligo.



Good luck to all members who have enrolled in part time education courses.



Have you checked out our blog lately? Stay up to date with all clubhouse activities

<https://platinumclubhouse.wordpress.com>

Catering Unit

Catering unit 2017

Interview with Margaret the chef

A very warm welcome to Margaret who has settled in well after only a month in the catering unit. There is a great team in the kitchen and they are looking forward to drawing up a healthy meal plan and hope to continue on with the wholesome food that everybody likes. Margaret wishes to incorporate the herb garden in our cooking. Margaret is enjoying the day to day running of the Platinum Clubhouse
Paul C



Preparation for harvest festival

In Platinum for 4th October

Preparation has started in earnest for our Harvest Festival. We have been busy creating our exhibition for the day and are looking forward to everyone taking part and being as creative in any way they can. All ideas and creations are welcome. Looking forward to seeing what we all come up with.

Martina D



October Birthdays

Frances H, Rose N,
Ursula C, James M, Philip F, James K,
Sheena H, Mary O'L, Tony K, John F,
Brona P, Al O'N



I Wonder

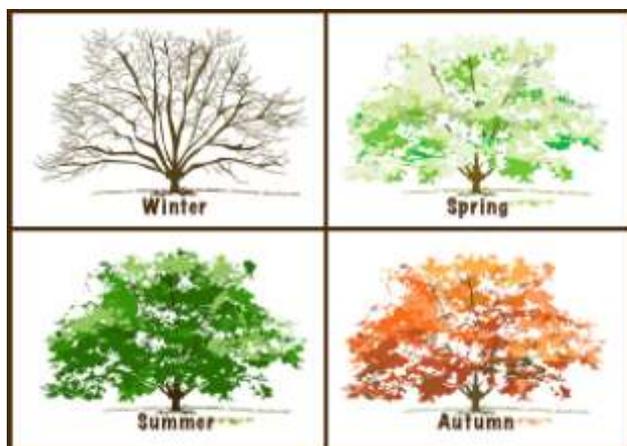
I wonder who created the stars at night
Shining in glory of each night reborn
I praise for such a glorious sight
With the moon shining for all to adorn



I wonder who created the wind and rain
A constant force in the radiant sky
A miracle of nature never of domain
It's very presence my mind asks why

I wonder who created the land and trees
With many creatures living just like me
Some force created all my mind believes
My true God it is all of Thee

Paddy M



A Ray of Hope

Mornings are getting darker and nights are closing in on us as we are fast approaching the long winter days ahead of us. It can be a lonely time for lots of us as we try to while away the hours and long nights.

Some of us may suffer from the winter blues. It can be hard to find hope in our everyday living. Nothing seems of value to us as we try to mask our pain. For some it's hard to get out of bed in the mornings as we try to find meaning in our lives.

So it's very important that we look out for one another, even if only for a brief visit. By saying "hello" to someone may take away fear and loneliness. All too often we get wrapped up in our own lives, doing courses or trying to better ourselves. At times we are driven to success. We often forget the true meaning of life; to have empathy and compassion for our fellow man.

Talking and listening to one another seems to be gone out the door. Sitting down at mealtimes is forgotten about as we eat so much fast food. We forget what it's like to prepare and enjoy a true meal. There are so many people in a "crisis" today. There are no houses for our young and yet so many places are left idle. The homeless are dying on our streets.

We all have an obligation to try and sort out our problems and not to turn a blind eye. Yes there is the "Dining Room" for people who are hungry and the less well off margins of society. We forget to just talk anymore as we put the blame on everyone but ourselves.

We complain about a lot of things, we want everything now, this instant. We look for the material things in life. When did we last stop and take a good look around us. What's it all about?

We cannot take anything with us when we pass away but we can leave hope for a person and the true meaning of a friend, of being there for that person. We can put a meaning back into their life!

Frances H

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

Adam, Alan, Alex, Andy, Bart, Bill, Colm, Conn, Dave, Eric, Eddy, Enda, Fred, Gary, Josh, John, Liam, Mark, Mick, Mike, Nick, Noel, Paul, Pete, Phil, Robb, Rory, Sean, Tony, Will,

This Months Interview is with

Enda C

Favourite Meal: Mushroom soup & a mixed grill

Favourite Movie: The Bodyguard

Favourite Hobby: Reading

Favourite Sport: Tennis

About Platinum Clubhouse

Clubhouse is a member run and centred service, where every individual has something valuable to contribute to the clubhouse and to society at large, irrespective of their diagnosis or level of function.

We offer members a supportive environment in which they can work alongside staff in planning and operating the Clubhouse.

Members participate in mutually planned vocational, educational and social activities.

The Clubhouse guarantees four main rights:

- **Right to a place to come**
- **Right to meaningful work**
- **Right to meaningful relationships**
- **Right to a place to return**



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