



## A Christmas Tale

Santa, Santa, Santa ....

My obsession with Santa was enormous. How did Santa come down the chimney and not burn his pants on the roasting timber fire. Why did Rudolf only eat  $\frac{1}{4}$  of the mince pie and only drink  $\frac{1}{2}$  of the glass of milk. I was fascinated with the mystery of Christmas for a long, long time.

Then when I was 11 or 12 my older sister found the key for the boot of the Granada car. Of course I followed the siblings to the boot. We discovered a huge amount of Christmas toys and presents. Could Santa have left the presents there? Was Santa afraid to come down the chimney? Could it be that Santa was, after coming down the chimney for a decade, wiser!!

Laura Mc D

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# Wishing a Merry Christmas

To all our Members, Staff & their Families along  
with all who support Platinum Clubhouse

A happy healthy New Year

Opening Hours over Christmas

27<sup>th</sup> December 2017 Clubhouse opened from 11am-2.30pm

29<sup>th</sup> December 2017 Clubhouse opened from 11am-2.30pm

Clubhouse Re-opens Tuesday 2nd January 2018



## December Events

8<sup>th</sup> December Mulled Wine morning

13<sup>th</sup> December Christmas party in the Osprey

21<sup>st</sup> December Christmas dinner in the Clubhouse



## December 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Discussion Yoga	2	3
4 Policy Meeting	5 House Meeting Efficacy  Sensory Garden Project	6 Art class Standard & Emp / Edu Meeting Advocacy	7 Publication	8 <b>Mulled Wine</b>	9	10
11 Policy Meeting	12 House Meeting Efficacy  Sensory Garden Project	13 <b>Christmas Party in the Osprey Hotel</b>	14 Publication	15 Discussion  Yoga	16	17
18 Policy Meeting	19 House Meeting Efficacy Sensory Garden Project	20 Art class Standard & Emp / Edu Meeting Advocacy	21 <b>Christmas Dinner in Clubhouse</b>	22 Discussion  Yoga	23	24
25 <b>CHRISTMAS DAY</b>	26	27 Clubhouse opened from 11am -2.30pm	28	29 Clubhouse opened from 11am -2.30pm	30	31

## Congratulations

**Well done to Joe on getting his story published in the Halloween issue of the national publication Irelands Own**

### WHIZZ and MARIA

When I think of Halloween I think of my mother God rest her, and the stories she would tell us about Halloween when my younger sisters and brother were small, she told them about a man and woman called Whizz and Maria who lived in a tree across the road. She told them that if they were not good, they would take them off on a broomstick and sell them in the Dublin Market. They believed her only for a few years and we heard no more about Whizz and Maria until her grandchildren came along. When they would be acting up she would relate the story about Whizz and Maria again.

To see the innocent faces on them as they listened to her was a delight to see. Come Halloween time they would get their monkey nuts and barn brack and sit and listen to her stories, but as they grew a bit older, you could see they were getting more well up and were not believing her. But they still asked her about Whizz and Maria just to hear her tell them. It was just like Santa Claus they believed it when it suited them.

Now I look back on those innocent days and wonder if we have not lost something with the coming of television, the internet, and all the other so called social media we have now.



Joseph G

**\*\*Congratulations to Fidelma C, Tyca R, Darren L, Clive C & Joe G on the completion of the Mental Health forum training course\*\***

## A Story about Christmas

My little sister Doris waited for Santa Claus to come,  
In joyful awaiting her heart was surely won,  
She waited at her bedside so patiently that night,  
With her curly blonde hair looked a precious sight.



On the wall in her room hang Christmas stockings there,  
Feeling in her heart Santa had many goodies to share,  
But suddenly plomped Santa down the chimney to her surprise,  
She felt so excited and could not believe her eyes.



Her Christmas stocking were suddenly filled with treats galore,  
And with her favourite toys like magic Santa she adored,  
The best time of all she felt deep inside her heart,  
And this joyful feeling from her never did part.



In fact all her family cherished all this time,  
And my dear mum and dad feasted on mulberry wine,  
We all were so secure and this way it did stay,  
Just looking back on this special Christmas Day.



All of our presents were open with such delight,  
Everything was going fine and the season was bright,  
For all were so grateful for all we had got,  
And with all God's gifts we had such a lot.



On Christmas Eve the star shone that night,  
Everything was peaceful, Northern star was so bright,  
Our baby Jesus to save us all was soon born,  
A precious creator for the world to adorn.



My story of Christmas is so true to all,  
With all our precious memories we had to recall,  
I will never forget these times of past in my mind,  
In a family united with much happiness to find.



Santa Claus is real if only you believe,  
And with blessings for each tender child to receive,  
It is of our prayers ourselves God will reward,  
With Santa Claus being a servant of our good almighty Lord.

Paddy M

### Staying Well for Christmas

It's Christmas time, and once again we are caught up in all that has to be done for the festive season, whether it is shopping for that last minute present, or just rushing around not really knowing what we want.

It is a very busy time for us all, at times we can feel drained and exhausted, and just as it is really important for us to take care of our physical health it is equally important for us to mind our mental health over Christmas.

We may feel under stress at this time of year, or anxious or even depression. We may feel we are having panic attacks, or just feelings we do not understand. These symptoms alone can lead to us becoming ill in ourselves, and so at this time of year we should start by eating healthily, and looking out for ourselves and others. By talking about our problems we are helping ourselves and we could learn more about well-being by checking out on the website.

There are other things we can do to boost our mental health and that is to try to sleep well so that we can be focused for the days running up to and over the Christmas. If we give a listening ear to others we may not worry so much for ourselves, and so we realise other people have problems also.

We should try to have some fun and laugh as it is very good for our mental health. When we get involved and keep in touch with others we feel better in ourselves. Some people are great for walking outdoors, whether it is for ten to fifteen minutes a day it helps us to keep active in mind, body and soul.

And so let us begin this Christmas well, with a gentle reminder to ourselves to take each day as it comes, enjoy our Christmas with family and friends and take care of one another. We will feel positive vibes, have positive lives, and positive minds.

A very happy Christmas to each and every one of

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

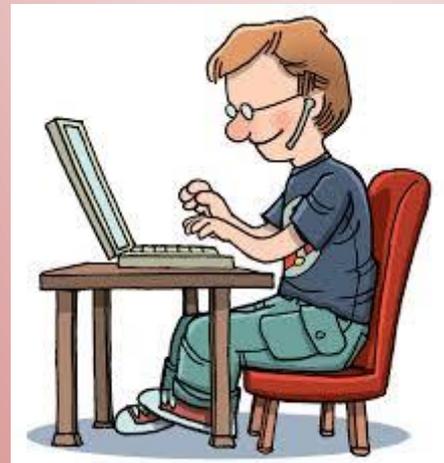
<https://platinumclubhouse.wordpress.com>

### Admin Unit

We are busy in this unit at the moment as it is coming to end of year.

We are organising the diaries for 2018 and also setting up the various folders for 2018. We will also soon start filing away some of the 2017 folders. We are also working on our December issue of the newsletter and we will be designing out mulled wine invitations. We in admin are looking forward to the Christmas party in the Osprey Hotel which is hosted by the Mental Health Association.

Merry Christmas to all from Admin



### December Birthdays



Joe G, Ann L, Phyllis S,  
Noel C, Maciej P, Christy D, Shay D,  
Clive C & Kate W

## "The Mince Pies"

It was Christmas Eve, early evening. There was a sharp frost outside. The Christmas lights sparkled a lively flashing pattern up and down the tree. The chimney had been swept in expectation of a visit from Santa Claus. The children had taken great pleasure in preparing for the occasion. Two washed and scrubbed carrots lay on the table for the reindeer. A glass of brandy to warm Santa and two of Grannies mince pies dredged in icing sugar sat on the plate. Empty stockings were hung on the mantelpiece. The children were snuggled up in bed. All was ready.

### **Mince Pie Recipe**

#### Shortcrust Pastry:

225g of plain flour

A pinch of salt

50g of butter

50g of lard

Water

#### Mince meat:

250g raisins

375g currants

100ml Brandy

1 lemon zest

300g shredded suet

250g dark brown sugar

85g of chopped mixed peel

Half teaspoon of nutmeg

Icing sugar



Rub the flour & lard together with water to bind

Cut out with a 7.5cm cutter

Cut out lids with a 5.5cm cutter

Line the tray with the bases and fill with the mince meat

Dampen the edges of the lids with water and press on

Make a small slit in each top

Bake in the oven at 220 °C

Leave for 15 to 20 minutes until light golden brown

Allow to cool

Dust with icing sugar

**Paul C**



## **'A walk around Monasterevin'**

**So I will walk around Monasterevin**

**Take in the sights, and the surrounds**

**Its bridges, why it's called the Venice of Ireland**

**Where tenor John McCormack once resided**

**I'll next go where it's soulful and pure**

**A walk around Moore Abbey wood**

**And on through to Cowpasture**

**Fr Prendergast ground is in the neighbourhood**

**The whistling trees of Ballykelly**

**With Steven O'Rourke memorial park**

**A barge on the canal, birds sing a medley**

**Through the drawbridge on it's embark**

**Up on St Eimhin's cemetery**

**With people interred, from many a borough**

**Most of whom, from St Eimhin's Monastery**

**Where trains cross over the River Barrow**

**Ronan B**



## **Employment and Education**

We have had a busy month with new classes which are going very well and there has been a good uptake and positive feedback from the yoga and wellness and self-awareness class

Classes in the community include drumming, and singing for wellbeing. The sensory garden projects are midway through and we are looking forward to the Grande Finale soon.

Thanks to all the members who participated in the community information talks which were held in VTOS Athy.

The VTOS talk consisted of information to social care students on Platinum Clubhouse and Mental Health careers in social care. The students were very interested in the talk and participated in the discussion.

We have had many visitors over the past month and we would like to thank the members who informed them about our service. An example of these groups are Mojo Kildare and HSE Suicide prevention officer and prospective members and employers from St Dymphna's Carlow.

Our Christmas choir commenced practicing and will perform on the mulled wine morning. Members in Employment and Education are looking forward to our Christmas meal in the Osprey Hotel.

The creative group have created a diorama of the Nut Cracker Ballet and this will be displayed on the mulled wine morning.

We would like to wish all of our employers, tutors and community services a happy Christmas and a peaceful New Year.



**Debbie G**

## Our publications

Our publications group meets on a Thursday afternoon where everyone is welcome. Some members just sit and participate verbally. Most people will make some sort of contribution.



Our tutor - Kate - tries to exercise our minds with various types of homework, maybe a number of words to make a story from, sometimes the beginning or opening line or two, maybe the ending. On occasion it is the tricky job of opening and closing lines - fill in the story.

The most important elements are inclusion of all who wish to participate and also the fun element.

Following our booklet earlier in the year, we are thinking about volume 2.

### The Yearly Guest

Every year that this person came to visit our house was a time of great joy. All the curtains in the house were sent into the cleaners for cleaning, beds were changed, furniture was polished, the best delph kept for only very important guests was taken out, table clothes were laid out across tables and fresh shopping was done. All the best clothes were laid out on our beds for us to wear when our guest arrived. Each year our guest came he brought much joy and love into our house. He was a jolly person with a plum belly a chef would love to get his hands on. His hair had aged grey with the passing of time. He had a very healthy appetite for any food you gave him to eat was devoured with relish. Our guest was a very travelled man to get to our house; he had to cross oceans, continents. He once told my mother his favourite song was Lady in Red sung by Chris De Burgh. The evening he was due to arrive my mother put on a red dress for her guest, our dog was put into his house early. I saw my neighbours walking by our house licking their lips at the smell of our mothers cooking. I have to confess I never met our guest for us kids were put to bed before he arrived. From our bedroom we could hear our mother and father laughing as they talked to our guest. Next morning the kitchen was a mess; all the food was eaten, empty wine glasses on the table my mother was sitting at the table taking a tablet for her stomach, I asked her did our guest enjoy himself? He always does she replied and I noticed she had a red mark on her neck. Our guest was gone for another year, but he did not forget us children for he left us presents, as he did every year. Now years later I am getting ready our house for the guest. I bought my wife a red new dress and cleaned our chimney so he could get down to our house

Philip F

### This Months Interview is with Debbie G

**Favourite Meal: Vegetarian meals**

**Favourite Movie: Parent Trap**

**Favourite Hobby: Reading**

**Favourite Sport: Swimming**

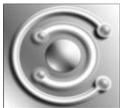


## About Platinum Clubhouse

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.



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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**

