



## NEW SBRIDGE

### Platinum Clubhouse 16 Years

The socials were events to look forward to on a monthly basis. As membership grew it became clear that a bigger building was needed so work began on a large two tier building which is the current home of Platinum clubhouse. During its 16 years the clubhouse has applied for and was bestowed numerous accreditations from the International Centre for Clubhouse Development.



Platinum Clubhouse is the first accredited clubhouse in Ireland, many hundreds of people have passed through the doors of Platinum Clubhouse through the years, some sadly no longer with us, may they rest in peace.

The Clubhouse as part of its programme has helped many members to gain employment in the community as well as helping members with social and housing issues. Many classes are conducted within the walls of Platinum Clubhouse, these include creative writing, art as well as men and women groups.

Platinum Clubhouse attracts about 35 members on a daily basis and growing all the time. In the course of the time Platinum Clubhouse has helped many on the road to recovery from mental health issues and hopefully this will continue long into the future.



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### August Events

**3<sup>rd</sup>** Bank Holiday

**4<sup>th</sup>** Cinema Morning

**12<sup>th</sup>** Eve's Sports Day

**Mid Month Social**  
Day Trip to Dublin

**28<sup>th</sup>** Employment dinner

# August 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>3</b> <b>Bank Holiday</b> <b>Clubhouse Closed</b>	<b>4</b> House meeting Healthy Eating Men's Group Young Adults Group	<b>5</b> Art Class Standard & Employment meeting	<b>6</b> Creative writing Walking Group	<b>7</b> Relaxation Crafts	<b>8</b>	<b>9</b>
<b>10</b> Policy Meeting Art Class Walking group	<b>11</b> House meeting Healthy Eating Men's Group Young Adults Group	<b>12</b> Art Class Standard & Employment meeting	<b>13</b> Creative writing Walking Group	<b>14</b> Relaxation Crafts	<b>15</b>	<b>16</b>
<b>17</b> Policy Meeting Art Class Walking group	<b>18</b> House meeting Healthy Eating Men's Group Young Adults Group	<b>19</b> Art Class Standard & Employment meeting	<b>20</b> Creative writing Walking Group	<b>21</b> Relaxation Crafts	<b>22</b>	<b>23</b>
<b>24</b> Policy Meeting Art Class Walking group	<b>25</b> House meeting Healthy Eating Men's Group Young Adults Group	<b>26</b> Art Class Standard & Employment meeting	<b>27</b> Creative writing Walking Group	<b>28</b> Relaxation Crafts	<b>29</b>	<b>30</b>
<b>31</b> Policy Meeting Art Class Walking group						

## Young Adults Group

### Stephen's Memory

Stephen's memory of summertime was out playing with 5 to 6 friends in his estate with water guns. The goal was the first person who emptied their water gun was the winner. Stephen loved the beach in Sandymount. The family packed the car and had ham sandwiches, salad and bottles of orange and crisps were on the menu. While on the beach we played sticky ball, Frisbees and pushing each other into the water and made sand castles. A competition was held to see who had the largest sand castle. Our enemies on the beach were the jelly fish. After many hours of fun and hot sun we headed home around 6pm. A fry up was on the menu when we got home after our long day on the beach. Sadly I haven't touched the beach in 15 yrs but hope to go again soon.

Stephen L



## Time Capsules

If I was to leave things or objects for the future to tell about my life, these are the objects I would leave:

**My Dog Lead:** for all the lovely walks I have had with my dogs, Foster, Lucky Sheila and Lassie, out the Curragh and around Kildare Village.

**A Picture of my Family:** So that people can look at us. My mum & brothers Richard and David who I love very much.

**My Rosary Beads:** To show my deep belief in Our Lady and her son Jesus.

**A letter about Platinum Clubhouse:** telling people what an important role it plays in my life.

**A Copy of the Irish Field:** To show people my deep love for horses and the racing game.

**An Arsenal T-shirt and a Kildare T-Shirt:**  
My two favourite teams.

**A bar of fry's Chocolate Cream:** My favourite Chocolate.

**A certificate from one of the courses I have done:** To show I was not a complete idiot.

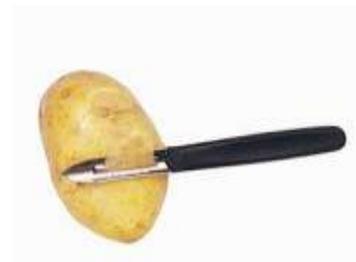
**A Potato Peeler:** to remind me of my time in the kitchen.

**A bottle of Guinness:** In case I got thirsty.

**My homework from creative writing:** for people to read my stories.

**Finally a picture of my dream girl:** to keep me warm.

Philip F



# GARDENING



Along the leafy lane of the industrial estate there hides an elder bush, up on the bank hidden from the sun's rays it has a strong scent, the flowers are in full bloom calling the bees into action. I cut down three heads, they are full of nectar coming back to the herb garden I pull a handful of herbs for the dinner, the sweet peas have come into flower the heady scent fills the air, climbing up onto the wall



I can reach to collect the longest blooms they will go into a vase at the clubhouse. Back at base I take a clean bucket and fill it with

Two gallons of cold water

Two lemons sliced

Two tablespoons of white wine vinegar

A pound of sugar and stir well

Then add the elder flowers cover and leave to work its magic over the weekend serve with ice cubes and a lovely meal of honey glazed ham and cabbage. The handful of rocket and garden mint is washed and chopped into the tomatoes and splashed with white wine vinegar as a really tasty side salad a meal fit for a king.

**Paul C**

## All Ireland 2015

It is early July and the All Ireland Football Championship has yet to catch fire. In Leinster, Dublin mauled the pathetic challenges of both Longford and Kildare. The Kildare thumping was particularly hard to swallow, a nineteen point drilling their biggest defeat in a hundred years. Kildare are now in the mire of Gaelic Football and it is increasingly difficult to see them winning an All Ireland in my Lifetime. Dublin are a team of talents and play a wide and expansive brand of football, for them they carry the mantle of All Ireland favouritism. In Munster on Sunday the machine that is Kerry face up to Cork in what is the traditional Southern cracker. This shall be competitive and Kerry are given the nod to edge it. In Connacht it shall be a stroll for Mayo, a team knocking on the door for a few years now, to advance to the All Ireland quarter finals at the expense of Sligo. That leaves us with Ulster with Donegal a team with a rigid and defence minded philosophy looking likely to advance. All in all it looks like only four teams have a chance of winning Sam, Kerry, Dublin, Donegal and Mayo not necessarily in that order.

Pierce O C



## August Farming

'Old Macdonald had a farm, eeyaw eeyaw o' and in the month of August he is especially busy. The second cut of silage is taken.

Cereals such as barley, wheat and oil seed are harvested.

Oil seed rape blooms a brilliant yellow from early May onwards. Its derivative is used as feed for cattle, oil for cooking and oil for engines.

Barley and wheat are also saved and baled into square and circular bales. The straw from these crops is used as bedding and fodder for cattle in sheds in Winter.

It is also used in manufacture of mushroom compost.

Crops are frequently savaged by crows who steal the ears of corn. They have to be removed from eating the crop or there will be nothing to save, and no money coming in.

An unusual help to 'Old Macdonald' is the protection offered by buzzards and hawks! Buzzards are magnificent birds of prey like eagles. They swoop on their quarry be it crows, pigeons, rabbits or rodents. Better than any 'banger' or scarecrow for frightening of robbers!

Aíne B



### August Birthdays:

Tom L, Bernard K,  
David R, Michael B,  
David D, Catherine D, Jonathan D,  
Robert C & Laura Mc D.



## Dreams

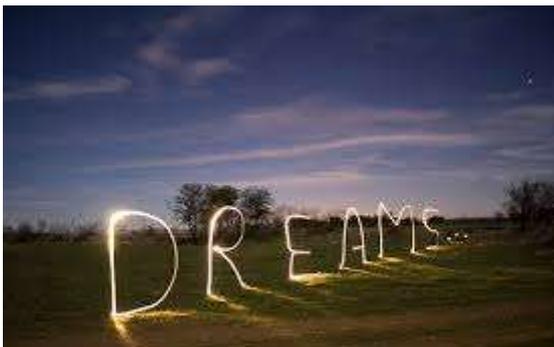
Dreams are there for a purpose. I feel when I dream about certain things it means I may not have dealt with the problem and my subconscious mind helps me to dream about things I may not be aware of. I sometimes can dream about similar things over and over.

I'm not afraid of dreams but at times I am glad it was only a dream I had and it wasn't for real. Sometimes dreams can link in with your past and you find yourself in some weird dreams over things that may have happened to you a long time ago. They last only seconds but they seem to go on forever. I believe dreams are important to us and it's part of our make up to dream.

Recurring dreams can help you to deal with a situation in a way you otherwise may not have. We shouldn't be afraid of our dreams they are not there to harm us, only to help us.

At times we may have disturbed dreams or happy dreams. I think a lot of our dreams depend on what we are thinking of before we go to sleep.

**Frances H**



## Banshee

Did you ever hear the Banshee cry  
A secret symbol for one to die  
As she grooms her hair at midnight  
She knows of all mankind's plight  
Lying in my dwelling one afternoon  
I heard her cry so crystal clear  
A starkling sound for all to hear  
I felt my whole self in doom  
Her head of hair of plenty room  
Her long dangling hair in constant  
groom

What a dilemma, what a sight  
With shaggy pale or dark hair  
All of you should be aware  
Why do you cry my Banshee Oh  
Is it of sorrow or of delight  
As you bawl with all your might  
No-one knows much of thee  
On an oh so dark black night

**Paddy M**



## Word Search

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

**Adare, Ardee, Athy, Ballina, Birr, Boyle, Cahir, Ennis, Finglas, Gowran, Lifford, Mallow, Moate, Mohill, Naas, Navan, Omagh, Sligo, Tralee, Tramore, Tuam, Tullow**

This month's interview is with

Sheena H

Favourite Meal: Lasagne & Garlic Bread

Favourite Movie: 24

Favourite Sport: Swimming

Favourite Hobby: Knitting



## ***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.

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**



Platinum Clubhouse  
Unit B1, Century Park  
Newbridge Industrial Estate  
Newbridge  
Co Kildare  
Ireland  
Tel: +353(0)45433229  
Fax: +353(0)45433206  
Email: [platinumclubhouse@eve.ie](mailto:platinumclubhouse@eve.ie)

