



## NEW SBRIDGE

### Young adults group

Platinum clubhouse has seen an increase in the amount of young people attending over the last few years. A group of young members decided to get together and form a new group within the clubhouse. The group has agreed to meet on a weekly basis to discuss and plan the week ahead. One of the main purposes of the group is to identify member's needs and what the members hope to get out of the clubhouse experience. These aims include the social aspects, vocational needs through peer support. On the 9<sup>th</sup> of June the group had its first meeting where there was a high level of interest in the development of a face book (fan page). On Monday the 23<sup>rd</sup> a group of young members travelled to Bray to Cairdeas clubhouse to attend a workshop on setting up the page. We also linked up with the volunteer centre Kildare to register the group's interest in volunteering.

The group was interested in a future group project, blog set up and maintenance of the Platinum Clubhouse page.

Also another important aim, we talked about was linking up with other clubhouses and community groups, looking at different things available. Linking in with Lakeview Unit in Naas, the aim is to get more members. Other social activities include theatre, cinema, games, and wii competition. On Thursday the 12<sup>th</sup> of June we had our first coffee morning to get to know each other. We went to Bradbury's and had tea and a chat. It was a great morning. The group hope to meet every week.

**Michelle F**



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### July Events

**3<sup>rd</sup>** Summer Social Day Trip

**16<sup>th</sup>** Cinema Social

**25<sup>th</sup>** Employment Dinner

# July 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 House meeting Healthy Eating Wellness Day	2 Art Class Standard& Employment meeting	3 <b>Summer Day Trip to Chocolate Garden Tullow</b>	4 Relaxation Crafts	5	6
7 Policy Meeting Art Class Walking group	8 House meeting Healthy Eating Wellness Day	9 Art Class Standard& Employment meeting	10 Newsletter team Men's group Walking Group	11 Relaxation Crafts	12	13
14 Policy Meeting Art Class Walking group	15 House meeting Healthy Eating Wellness Day	16 Art Class Standard& Employment meeting <b>Cinema Social</b>	17 Newsletter team Men's group Walking Group	18 Relaxation Crafts	19	20
21 Policy Meeting Art Class Walking Group	22 House Meeting Healthy Eating Wellness Day	23 Art Class Standard& Employment Meeting	24 Newsletter Team Walking Group Men's Group	25 Relaxation Crafts <b>Employment Dinner</b>	26	27
28 Policy Meeting Art Class Walking Group	29 House Meeting Healthy Eating Wellness Day	30 Art Class Standard& Employment Meeting	31 Newsletter Team Walking Group Men's Group			

## The Moon

How I love my yellow moon  
Shining so brightly in the sky  
You lie in space like a ruin  
So barren and ready to die  
O' planet moon what brought you  
here

To a universe of plentiful source  
To mother nature you are so near  
With many a gravitational force  
O' yellow moon I cherish you so  
Shining over us with a great light  
As for your source I do not know  
But you certainly are a precious  
sight

The moon shines over the hill  
A romantic myth of your night  
You stay so bright and still  
With many a guiding light  
Me and my old reliable moon  
Stay with me forever more  
Whenever my days be of gloom  
Fade away like a time before

Whenever my time is of end  
You will caress the sky  
My moon will always be my friend  
May you never die

Paddy M



## The Ship that Sunk



Recently, the clubhouse went on a Supported Holiday to Waterford. We stayed in the Tower Hotel. I shared a room with Mr Clive

Esq. We got a lovely breakfast each morning in the hotel, and one lovely dinner. In the morning, I went for a lovely walk down by the promenade, and looked out at the lovely boats, docked on the River Suir. Waterford is full of lovely shops, restaurants, and Church's. One night we got a lovely meal in the Granville Hotel, the food we got there was like food for the Gods. Clive and myself done some shopping. I purchased a pair of sneakers, a book – The History of the Mafia, and two video's, Aliens V Predators, and The Brothers Grimm.

We paid a visit to a Museum, where we learned about the history of Waterford down the Years. I want to thank the Staff of Platinum Clubhouse, for arranging the Holiday for us. The People of Waterford were very nice to us, and it is a City I *hope to visit in the not too distant future.*

**Philip F.**

## CATERING UNIT

### Classic Victoria Sandwich



#### Ingredients:

200g/7oz Odlums Self Raising Flour  
200g/7oz Butter (at room temperature)  
200g/7oz Caster Sugar  
1 level teaspoon Baking Powder  
4 Eggs (beaten)  
2 tablespoons Milk

#### Filling

125g/4oz Butter (room temperature)  
175g/6oz Icing Sugar  
Few drops Vanilla Essence (optional)  
Jar of good quality Raspberry Jam  
Icing Sugar for dusting

#### Method:

1. Preheat oven to 180°C/350°F/Gas 4. Grease and base line two 18-20cm/ 7-8 inch sandwich tins.
2. In a large bowl, beat all the cake ingredients together to form a smooth soft batter.
3. Divide the mixture between the prepared tins and smooth the top with back of spoon. Bake for about 20 minutes until golden brown and the cake springs back when pressed.
4. Turn onto a wire tray or cooling rack and allow to cool completely.
5. Meanwhile, make the filling by beating the butter until smooth, then gradually beat in the icing sugar. Finally, beat in the vanilla essence, if used.
6. Spread the butter cream over the base of one of the sponges, spread the jam over the other and sandwich the two.
7. Dust with icing sugar before serving.
8. Store in an airtight container and eat within 3 days

## Susan

Carmel & Breda were sisters, and had just gone to Australia, when they had to come home to their father's funeral. They couldn't stay long, as they had to get back to work. Susan missed Norman a lot. She did nothing around the house. She never even washed any dishes or clothes until she needed them. Never would she even do the dusting. She didn't go out unless she had to, except to the grave. Her sister called one day, to get Carmel's address, as she wanted to send her a birthday card. She noticed the state of the place but said nothing. Instead she put a letter in along with Carmel's card and told her. Carmel told Breda. They both came home. Their aunt collected them, from the airport. She brought them home & surprised Susan. There wasn't enough delph clean. A few had to be washed. When Carmel & Breda got their mother alone they spoke to her. She was saying how much she missed Norman, but they said, daddy is nearly a year dead now, and he was our father. We have to live on as well, but we are not like you. You should clean up more. Also you should go out & mix with your friends they were saying. This she started and she met some of her old friends, who asked her out again and again. Before long she was going out with them as much as she was before her husband died. Carmel & Breda had the place spic and span. They even cleaned up outside. They stayed home for their father's anniversary mass. Their mother was delighted. She was back doing housework and seeing her friends again. Carmel and Breda were able to go back in peace.

Patricia D



## A TIME OF DAWDLING

The sun is shining brightly today. The birds are singing all around. It is a day for dawdling all day long. Instead of doing chore by chore. I sometimes need to do nothing at all. Just take in the smell of the flowers as they come out in bloom. Or simply sit and take in life all around me, and listen to the sound of silence. I try to find a quiet space for myself, and give myself some time to be me. For we all need time to be gentle with ourselves. To feel the warmth and accept the day we are given here and now. Instead we rush around all day, never a moment to stop and wonder, at the beauty of the sky above. Or the cry of a new born baby as it waits for its feed. All too often we think we will be happy if we have some money, or even come up trumps in the Lotto. We forget the joy of making friends, or even smile at a passer by. We forget to have fun and do the things we want to do. Our first priority is for ourselves to be happy. So now I will dawdle on my way, and take in the beauty of a summer's day.

Frances H



## July Birthdays

Anne M, Joe C, Breda S,  
Tommy K



## *Fionn Mac Cumhaill: The Giants Causeway*



Fionn Mac Cumhaill was the famous leader of the Fianna. This is the ancient story of how the giants causeway came to be. Fionn Mac Cumhaill was the biggest giant in Eire. Fionn was in an ongoing argument with the giants of Scotland. There was one giant in particular that he had had a long running feud with. He picked up a big clod of earth from around Lough Neagh. He flung it as far as he could and it landed in the middle of the Sea of Moyle. The clod of earth became The Isle of Man. When this happened Fionn found that the other giant could not swim. He decided to build a bridge so as that the other giant could come over and that they could fight each other.

When the causeway was finished Fionn decided to take a break. When he awoke from the sleep he saw on the horizon that the giant from Scotland was on the way. When he saw how big the other giant was he ran all the way back to his wife. They decided to play a trick on the Scottish giant. Fionn would pretend to be his own child. So they set about making a cot big enough to hold him.

When the other giant arrived at the homestead of Fionn Mac Cumhaill, he went inside and asked where Fionn was, Fionn's wife said that he was out hunting. Fionn's wife asked did he want to see their child. The Scottish giant said that he would like to see Fionn's child. When he was brought to in to where the child was sleeping, he was startled to see the size of the child. He said that he had to go back to Scotland. When he was a little bit away, Fionn got up out of the cot and started chasing him all the way back to the causeway. The Scottish giant picked up the stones that had been used to make the causeway and flung them, back at Fionn. They landed the way that they are still to this day and that is the story of how the Giants Causeway was formed.

**Jonathan D**

## My Memories of summer 1967

In 1967 my summer started with sitting the primary certificate this exam consisted of three subjects English, Irish and Maths, after this exam you went to either the Vocational School (Tech) or secondary school. On my last day in the primary school I went to visit an aunt who made me a pot of tea and produced a packet of marietta biscuits and a half pound of butter which she did not spare on the biscuits and I did not spare the biscuits.

During that summer I walked out to my brother-in-laws farm to help with the farm work, also I would spend hours fishing for pinkeens with a net on the end of a bamboo cane. In the river beside the hospital it was known as the poorhouse river. I would bring them home in a jam jar.

I had a job in a small shop in Naas. I will tell you all about that again.

The summer seemed warmer in 1967. The pace of life showed people friendlier, maybe not. I am not sure.

**John F**



## Gardening Project



1	4	8	9	7	8	2	2	4	3	6	0
6	5	7	2	0	4	8	6	0	2	5	9
8	9	7	0	7	8	1	5	4	5	2	0
8	1	2	4	5	7	9	6	8	5	1	3
9	2	5	4	7	3	7	9	5	2	4	3
6	3	4	3	5	9	8	6	4	5	0	0
1	6	9	8	4	3	5	6	0	7	8	6
2	5	2	4	5	7	4	5	0	4	8	4
9	2	8	1	7	3	8	1	2	6	5	0
4	8	4	2	5	2	5	4	6	0	5	0
7	4	9	6	9	4	3	8	3	4	1	1
8	7	3	8	5	6	8	7	3	9	8	2

O87499, 088551, 153898, 173812, 197854, 200458, 214088, 342080, 348743, 450582, 545187, 689534, 683507, 776045, 794488, 853950, 870653, 898550, 935822, 953436, 969438, 975421, 983514, 994780

This month's interview is with

John F

Favourite Meal: Steak & Kidney Pie

Favourite Movie: Benjamin Button

Favourite Sport: Soccer

Favourite Hobby: Writing



## 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)

