



## NEW BRIDGE

### **Green Party Time at Platinum Clubhouse**

*On Monday 16<sup>th</sup> March at the Platinum Clubhouse we celebrated for St Patrick's Day on 17<sup>th</sup> March. The party began after lunch when Kate produced a wonderful array of desserts dressed in green and gold. Green cheesecake sat next to Meringues dressed with kiwi and mandarin orange segments together with a similarly themed large sponge cake!*

*Having our fill of desserts the tables were cleared and chairs set in a circle ready for the dance.*

*Paul hung up his apron and became DJ for the afternoon. Carmel became our mistress of the dance directing the Walls of Limerick with great enthusiasm. James never left the floor while Frances looked on from the side line grinning from ear to ear. We worked off our desserts with everything from 'The Siege of Ennis' to Abba's 'Dancing Queen'!*

*The paper leprechauns moved with the breeze and everyone wore their green with pride.*

**Ursula C**



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### **April Events**

- 1<sup>st</sup>** Clubhouse Closed  
Staff Training
- 2<sup>nd</sup>** Remembrance Service
- 2<sup>nd</sup>** F.A.I Soccer  
Carlow
- 3<sup>rd</sup>** Good Friday  
Clubhouse Closed
- 6<sup>th</sup>** Easter Monday  
Clubhouse Closed

## April 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Staff Training Clubhouse Closed	2 Creative writing F.A.I Soccer	3 Good Friday Clubhouse Closed	4	5 Easter Sunday
6 Easter Monday Clubhouse Closed	7 House meeting Healthy Eating Men's Group	8 Art Class Standard & Employment meeting	9 Creative writing Walking Group	10 Relaxation Crafts	11	12
13 Policy Meeting Art Class Walking group Young Adults Group	14 House meeting Healthy Eating Men's Group	15 Art Class Standard & Employment meeting	16 Creative writing Walking Group	17 Relaxation Crafts	18	19
20 Policy Meeting Art Class Walking group Young Adults Group	21 House meeting Healthy Eating Men's Group	22 Art Class Standard & Employment meeting	23 Creative writing Walking Group	24 Relaxation Crafts	25	26
27 Policy Meeting Art Class Walking group Young Adults Group	28 House meeting Healthy Eating Men's Group	29 Art Class Standard & Employment meeting	30 Creative writing Walking Group			

## Young Adults Group

The young adults group meet up on Monday's at 2pm and discuss what to do for the coming week. This includes activities related to the work order day such as out reach to other members who have not been seen for a while to see how they are doing. We also discuss different socials like the cinema, bowling, or a tea/coffee morning. We also update the blog on different events and socials going on in the Club House. We also look at face book page and social media. One of our activities is the football. The F.A.I. Tournament is with the Rehab Care. The team went down to Carlow two weeks ago and participated in four matches. They won three out of their four matches and played very well. The medals will be awarded on the last day of the matches. Another important event in the Club House calendar was the Awards Day on February 6<sup>th</sup>. Many of the young adults helped out in organising the day and received awards on that day. Some of the awards included the Young Adults Group, Creative Writing, Career Exploration, Mindfulness, Men's Group, Advocacy and the Catering Unit. We also had a Valentine's Day on the 14<sup>th</sup> of February. We helped out in the setting up of the day. We had a lovely meal, followed by desserts and chocolates in celebration of the day. We all had an enjoyable day. On the 16<sup>th</sup> of March we helped in the setting up for the St. Patrick's Day celebration in our Club House. Everyone dressed up for the occasion and the day went really well.

**Michelle F**



## Hiding the Chocolate Eggs



When I was a child, I was down in Wexford for the Easter Holidays. We were all down there, my mother, my father, my sisters and my brother. We had gone down there to see some friends of my mother's. We went around the farm and the different areas that made up the farm. We enjoyed the place immensely. As the night was drawing to a close, we all went to bed and looked forward to the Easter Bunny coming that night and leaving us our Easter Eggs. I got up in the middle of the night and found that there was a load of little eggs all over the floor in the sitting room. I decided to hide them behind a door so as that I would be the only one to find them. When the rest of the family got up I didn't tell them that I had hidden them. I found them in the end and shared them out with my brother and sisters. We then started the Easter egg hunt and found all the eggs that the Easter Bunny had hidden for us.

**Jonathan D**

## CATERING UNIT

### Cheese, Onion & Potato Pie



#### Ingredients:

8 large Potatoes  
1 Onion grated  
100g grated cheese  
Pinch of salt if desired  
Pepper

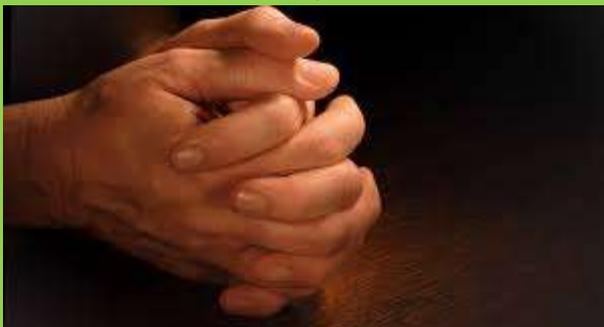
#### Method:

1. Pre – heat the oven to 200°C / 400°F / Gas Mark 6
2. Boil the potatoes, strain and mash.
3. Add onion, grated cheese, salt and pepper to the potatoes.
4. Place in a casserole dish.
5. Put under the grill for a few minutes to form a crust on the potato, or bake in a pre-heated oven for 20 minutes.

### Thought for the Hungry

Why is there so much hunger?  
People who seem to not exist.  
I look at this world and wonder.  
How does our good God persist?  
Every man deserves to live.  
For his earnest dreams to come true.  
It is of his heart to give.  
As God wishes goodness to renew.  
Little kids dying like flies on the wall.  
With hunger and pain of life.  
If we all heard our true God call.  
It would mean an end to all strife.  
I look at a child lying there.  
With hunger right to the bone.  
As I know Gods love does share.  
Deep in the soul of his own.  
Yet so much pain lay on mankind.  
Our dreams torn to the ground  
We all have a dream to find.  
Just where we all are bound.  
All we can do is pray.  
As prayer is action in words.  
Life would cure itself some day.  
Fly in peace like heavenly birds.  
Someday mankind will survive.  
Finally get rid of all plights.  
Every child would thrive.  
That is my prayer for tonight.

**Paddy M**



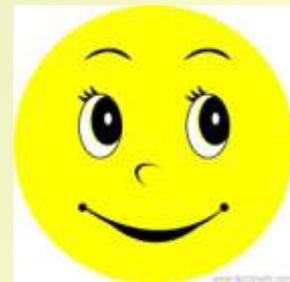
### Work Experience in Platinum

People come to Platinum on work experience which is great. People come to Platinum on work experience but there is one that thing I hate when you get used to them is that they have to leave, which I really hate.

People come to Platinum on work experience. Oh we do have such a laugh but then they have to leave which is what I hate.

People come to Platinum on work experience but as one leaves a new one always comes which is great but in the end they will have to leave when their time is up but they can always come back to visit which is great.

**James P**



### April Birthdays



Michael T, Caroline Mc K,  
Pierce O' C, Paul C, Indu P, Pat L,  
Aodhan O D, Mary F, Ann M, Philip L,  
Stephen D, Niall O F, Eileen C, Michelle F,  
Richard H, Derek C & Deborah S.

## Looking Forward

*Already we're into April, and despite the showers, sleet and snow we look forward to seeing the new growth of spring as the daffodils and marigolds begin to shoot up, and brighten up our gardens. The grass becomes greener and we treasure the onset of finer days to come*

*The bright evenings are upon us and the long days are ahead of us healing us in the warmth and the light. The hedges are all cut back as we leave our winter behind us. Soon the leaves and buds will reappear on the trees and we'll have greenery all around us, bringing a cheerful mood to all of us.*

*It is a lovely time of year to go for a good stroll for ourselves as we basked in the morning sunshine, and the winter was upon us. It's a time to welcome new ideas and make plans for ourselves. We can plan and start to save for our holidays we have been thinking about. Yes our days ahead will be well spent as we dream of our summer ahead.*

**Frances H**



## My Trip to Hawaii

Ever since I was a child I have had the idea of visiting Hawaii. So as an adult when I went out to work I saved for ten years for a trip to Hawaii. So on 10<sup>th</sup> October at 1pm I set off on an Aer Lingus plane for Hawaii. We had a change of planes in Los Angeles which was a two hour stop over. Once in Hawaii we went through customs. A cab took us to our rooms in the Hilton hotel. The Island of Oahu which means gathering place. We heard there was a man called Kalakaus was the last Hawaiian as king. We visited Pearl Harbour the home of the US navy. On the 6<sup>th</sup> of December 1941 the Japanese attacked Pearl Harbour. We visited the graves of the sailors who died on that day and a war museum. We tried our hand at a little surfing and lay on the beach cocktails in hand and looked at all the beautiful women on the beach.

We travelled up to Lanai a few days later which to Hawaiian is the most secured and intermediate island. Los Angeles entrepreneur built two hotels eight miles apart on the island. We stayed in one of them. The island has lovely waterfalls ideal for couples to make love in like Tom Cruise in the film Cocktail. There are fishponds for fishermen and dense tropical gardens to explore. We played a round of golf on the course Jack Nicholson built. On the island of Kauai the films King Kong and Jurassic Park were made. I got to meet the cast of Hawaii 5 0 Alex O Laughlin, James Caan and Claire Park got a walking part in the show. The island of Hawaii is built on a volcano which people are afraid would erupt at any time. A Polynesian Chief told us of the customs of his people and we done a tribal dance. The locals called the volcano Pele who is a goddess. As the plane took us home I vowed to return to Hawaii again.

**Philip F**



## Word Search

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

**Amy, Anne, Bobby, Breda, Carmel, Cora, Debbie, Dolly, Eddie, Enda, Faithe,  
Gary, Hugh, Ian, Joan, John, Kate, Kevin, Leo, Liam, Mark, May, Niall, Noel,  
Owen, Olive, Pat, Paul, Tony, Vera**

This month's interview is with

Paddy M

Favourite Meal: *Mixed Grill*

Favourite Movie: *Father Ted*

Favourite Sport: *Walking*

Favourite Hobby: *Creative 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**



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