



## NEW BRIDGE

### Platinum Clubhouse

#### Roll out the Bar-B-Que's

It's that time of year, sunshine and shower's bring on the barbie, it starts in the kitchen on Thursday morning the first new potato's arrived for the salads, lettuce, tomatoes, cucumbers washed and chopped, eggs on to boil, coleslaw mixed, pasta shells cooked, everything ready and wrapped goes into the fridge.

Friday morning it's raining when the bread rolls arrive, paper plates and cups will save washing up.

We set the two gas barbeques up outside, to heat up and the sun comes out. The sound of Telestar by the tomatoes drifts across the clubhouse as Karl and Sean put on their aprons; one is on sausages the other one on burgers. The tables are set and chairs are placed out in the sun.

Elvis Presley sings Hot Dogs the sounds and smells are lovely serve and everybody dines in but something is missing THE BARBQUE SAUCE!!!!.

Choc ice and biscuits all around with the lovely organ music and singing by Carol Ann, we all joined in the singing in the sunshine.

Joe Garrett gave a super rendition of "Grace" it was a successful day.

Paul C



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### Events

**3<sup>rd</sup>** Advocacy Awards Day

**6<sup>th</sup>** Women's Day out Bray

**18<sup>th</sup>** Summer Social

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

## July 2013

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Policy Meeting Art Class Walking Group Ladies Group	2 House meeting Healthy Eating Kildare Men's Group	3 Advocacy Programme Awards Day 11am-3pm	4 Newsletter team Men's group Walking Group	5 Relaxation Crafts Discussion Group	6 Women's Day Trip Bray	7
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29 Policy Meeting Art Class Walking Group Ladies Group	30 House Meeting Healthy Eating Kildare Men's Group	31 Art Class Standard & Employment Meeting Wellness Day				

## **One Year On**

I began as a member of Platinum Clubhouse in May 2012, at the beginning I didn't know what to think of the Clubhouse and how people would feel about me, but that wasn't for long because it was the first time I felt welcome and nobody judged me. A year on due to the Clubhouse and the members who I call my friends I have changed completely, there's a new me, I've got my confidence back which I lost a long time ago, I have found my voice again, maybe a bit too much at times. I enjoy being in for breakfast and having a chat with members before the day begins. I found what I was happy doing and that is working in the admin doing the newsletter, and the cards that we send out.

I enjoy Friday mornings doing the craft class because knitting and crocheting is my hobby and something that helps me relax and take my mind off other things. I've done courses which I had lost confidence in doing, but now with the help of the Clubhouse I found I'm able to do them, yes it may be difficult at times but that's allowed.

The Clubhouse has helped a lot in my family life, I am able to laugh and tell both my husband and children about my day and what I've done, while they tell me about school instead of them coming home and seeing me just sitting around and not having anything to say about my day.

The children have been in the Clubhouse and met some members, and for them seeing for themselves what it's like meant a lot to me, because they realised that I wasn't going to a medical place.

So all I can say is due to Platinum Clubhouse I have changed for the better, yes I do have my down days but I'm not alone I can talk to members and staff, I look forward to the employment dinners and I really enjoyed my 1<sup>st</sup> supported holiday.

So one year on from joining the Clubhouse I am happier in myself and I made friends, and that's all thanks to the Clubhouse.

**Debbie R**

## **Picnic Trip to Oak Park on Thursday 6<sup>th</sup> June**

A group of members and staff headed off on a picnic to Oak wood Park which is situated between Castle Dermot and Carlow.

When we arrived we started a walk around the woods, the weather was fabulous. The first place we arrived at was a playground for children and which also had equipment for people with physical difficulties.

As we walked a little further we came across an outdoor gym for adults, most of the members had never seen one before. We had great fun in trying out most of the equipment. It is a fantastic idea.

After this we started walking again around the wood. We came along up in the trees, we saw nesting boxes for the birds to lay eggs. These boxes were made by the local children at school and it is full credit to them to take such an interest in nature.

As we wandered around the forest we came along a lake on which there were beautiful swan's and their young who are called signets. We walked for about two hours and then we had our picnic many thanks to Kate for the beautiful sandwiches.

We then headed home after a brilliant day and stopped off for an ice-cream. Many thanks to everybody for a great day and may we have many more.

**John F**



## CATERING UNIT

### **Mint Lemonade**

This lemonade recipe makes for a refreshing non-alcoholic cooler on warm days and a grown-up alternative to cocktails on summer nights.

#### **Ingredients**

Large handful fresh mint leaves picked

6 lemons, juice and zest of three

3 tbsp sugar cane syrup

Sparkling mineral water, to top up



#### **Preparation Method**

Place the mint leaves into a tea towel and bruise with a rolling pin

Add the mint to a pitcher, with the lemon juice and zest and sugar cane syrup

Technique: Zesting citrus fruit

Top up with sparkling water. Mix the cocktail well and add more sugar cane syrup, to taste.

Chill in the fridge

### **Apple Orchard Punch**

#### **Ingredients**

*Original recipe makes 12 servings*

1 (32 fluid ounce) bottle apple juice, chilled

1 (12 fluid ounce) can frozen cranberry juice concentrate

1 cup orange juice

1 1/2 liters ginger ale

1 apple



#### **Directions**

1. In a large punch bowl, combine apple juice, cranberry juice concentrate and orange juice. Stir until dissolved, and then slowly pour in the ginger ale.
2. Thinly slice the apple vertically, forming whole apple slices. Float apple slices on top of punch.

## Advocacy Programme

It was with interest six of us from our clubhouse joined up for the Advocacy Course, along with six members from the Harvest Centre, which started on the 5<sup>th</sup> of June from 10am -3.50pm. It is a four day course and will go on every Wednesday for the month of June.

So far we are half way through our course which is run by Jim Walsh who I have to say is very easy to listen to as he explains to us the meaning of our advocacy course, and the other sessions which will follow.

From the beginning the twelve of us became friends, bonding easily as we mixed and made some rules for ourselves which is very important in a group session, like confidentiality, good time keeping, supporting each other, and also to enjoy the course.

We learnt about developing as a self Advocate, and finding our own voice. We also learnt about Assertiveness, and self esteem where we can be confident in ourselves, change our behaviour, and take a risk once we believe in ourselves.

I found the communicating very interesting as we learnt how to express ourselves in an effective way. We also learnt how to have confidence in advocating for our rights to express our needs with the right of others to be heard.

Our next course will deal with stigma, discrimination and equality which will be shared by Shari Mc Daid, from the mental health reform, of which I'm sure, will be as interesting as the other sessions

## A Memory of my Mother

On her Sunday, the only day she took off. She sits by the window of a Sunday playing patience, a card game for an hour or two, smoking a few woodbine cigarettes and then checking the food for the horses for the next day. Then sucking a few polo mints while watching the television and then washing her apron for the next days work. Pipe cleaners into her beautiful grey hair. Then her nightly prayers and off to bed.

John F.



## July Birthday's

Jackie B, Anne M, Reg D, Joe C, Tommy Mc D, Breda S, Aileen D, John D, Denis T, Tommy K, Bernie B, Shane B

## The All Ireland's

Once again the race is off for the Sam Maguire in football, and the Liam Mc McCarthy Cup in Hurling. The big question is can anyone beat Kilkenny in Hurling. Lots of teams have the potential to win the All Ireland but have they the class to win it? Galway, Cork, Tipperary, Offaly are all contenders in 2013. But for this pundit, Kilkenny will once again lift the Liam McCarthy cup come September.

The race for the Sam Maguire looks between Donegal who are the current Champions, Dublin, Mayo, Kerry and Tyrone. Kildare have had so many chances, but for me, they have had their chances, and blown it, so I do not think they will make much of an impact in 2013. Dublin may be the biggest danger to Donegal holding onto the Sam Maguire, but for this pundit, it may be the year of Mayo



Sam Maguire Trophy



Liam McCarthy Cup

Philip F

## Summer on the farm

Summer on the farm! Its time to get the first cut of silage from the meadows. These have been closed off for the grass to grow. Then the grass is wither baled into hay or saved as silage for winter fodder for cattle.

Next the crops are sown in tilled fields. These are usually maize, wheat and barley.

Then there is the rush to get the sheep sheared before the next shower of rain! Nothing can happen unless the winter is dry.

Aine B

### *My Dual Dilemma*

*That angelic golfer who hails from Lough rea  
Never fails to invigorate the day*

*Sean as an uncle is bringing with zest*

*With panache with a putter that is simply the  
best*

*His zealous romanticism first began*

*When he married in Rome his soul mate Anne*

*With a speaking enthusiasm for the  
compassionate mixer*

*A first rate friend, a prolific fixer*

*A noted wonder, never one to panic*

*Making for a model husband and a masterful  
mechanic*

*Possessing a triumphant loyalty to the city of  
the tribes*

*Lives life with a flourishing energetic vibe*

Niall D

### July's Quote

It's nice to be important

But it's more important

To be nice

Eddie D

### July Birth Flower

The July Birth Flower is the Larkspur, as shown in the picture below.

### Meaning of the July Birth Flower:

The meaning of the July Birth Flower, the Larkspur is an open heart and ardent attachment

### Sign of the Zodiac and Dates:

Cancer - June 22 - July 22

### July Birthstone:

The Ruby

### Characteristics of Cancer:

Imaginative, Sympathetic, Placid, Intuitive & Home Lover

### Birth Month Flowers

There are specific flowers which are traditionally given according to the month that a person is born.

The July Birth Flower is the Larkspur.



**This month's interview is with**

**Richard H**

**Favourite Meal:** Roast beef

**Favourite Movie:** Forest Gump

**Favourite Sport:** Rugby

**Favourite Hobby:** D.I.Y.



## 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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