



## NEW BRIDGE

### Death of a Pullet

Still silence. The vixen crept along by the perimeter of the hen run. She'd been there before and knew its weak spots and where she could get through the tight mesh wire.

Suddenly a dog barked from the nearby farm yard – possibly the middle stable where the dogs slept.

She froze, all ears alert. Then the dogs stopped. Somewhat reassured that they posed no threat, or that the shadows on the gravel and the grey silhouettes of the chestnut trees on the avenue need hold any more fears she reached her destination.

She pulled the wire between her teeth and raised it from the ground. No dog yet. No challenges.

She slipped into the run, then tripped over to the small entrance hatch and entered the hen house. The occasional chuckle greeted her. She looked around and in the blink of an eye she nabbed the biggest pullet by the neck and left quietly. A dead bird.

Laden with her prey, she went through the Steam field, the Cottages' field, then briefly through to Far Larry's where she had her den.

She laid the pullet at the entrance, and proceeded to dissect her. She was joined by her cubs. They were ravenous and soon finished their meal.

One less hen for the farmer, one more meal for the tiny cubs!

**Aíne B**

**The above story received the adjudication special award and was highly commended in the short stories competition for the June Fest**



### Inside this Issue:

**Page 1** Death of a Pullet

**Page 2** Calendar of Events

**Page 3** Young Adults Group

**Page 4** Catering Unit

**Page 5** Dollymount Strand

**Page 6** Stop Smoking

**Page** Wordsearch and Interview

### July Events

**Summer Barbeque**  
date to be confirmed

**Mid Month Social**  
Picnic in Pollardstown Fen

**31<sup>st</sup> Employment**  
Dinner

## July 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Art Class Standard& Employment meeting	2 Creative writing Walking Group	3 Relaxation Crafts	4	5
6 Policy Meeting Art Class Walking group	7 House meeting Healthy Eating Men's Group Young Adults Group	8 Art Class Standard& Employment meeting	9 Creative writing Walking Group	10 Relaxation Crafts	11	12
13 Policy Meeting Art Class Walking group	14 House meeting Healthy Eating Men's Group Young Adults Group	15 Art Class Standard& Employment meeting	16 Creative writing Walking Group	17 Relaxation Crafts	18	19
20 Policy Meeting Art Class Walking group	21 House meeting Healthy Eating Men's Group Young Adults Group	22 Art Class Standard& Employment meeting	23 Creative writing Walking Group	24 Relaxation Crafts	25	26
27 Policy Meeting Art Class Walking group	28 House meeting Healthy Eating Men's Group Young Adults Group	29 Art Class Standard& Employment meeting	30 Creative writing Walking Group	31 Relaxation Crafts <b>Employment Dinner</b>		

## Young Adults Group

Every Tuesday the young adults group has been meeting up with Kay at 2:30 and discussing what to do every week and plan the week too. Recently the blog has been updated on what has been happening and the events that have gone on in the Clubhouse. The blog will be updated during the week. Outreach has been done this week to other members who haven't been in for a while and we ring them to see how they are doing. The young adults hope to use the pick ups soon to help out in the community by picking up litter off the ground. We have the pick ups and the jackets and hope to go out some day and use them. This Wednesday there will be a bake off in the Clubhouse. We will be baking fairy cakes and members are welcome to come and to participate. On Thursday the 11<sup>th</sup> of June the lads played their match in Carlow. The football was a successful day and they all played really well. Other teams came down from Portlaoise, Tullamore and other places and we won three games out of four that day. The face book fan page is going very well and will be checked during the week. A few members helped to clean and Hoover out the bus. We are hoping to plan out a social some time like a tea /coffee morning, bowling or going to the cinema and also to participate in work order day in the Clubhouse. This Friday there is a social on in Toughers at 12:30. A group of members are going and are looking forward to the social on Friday.

**Michelle F**



## My Parachute Jump

I decided to do a parachute jump for my charity, for people who have suffered due to war in their country!

It took three months to prepare for the jump. Our instructor was Mr Mick Stone, a former member of the parachute regiment in the UK. Our training included a five mile run per day, and a stint at the obstacle course on the Curragh Camp. We learned to jump out of the tree houses. Then we also learned all about how to handle the equipment. We needed to do the parachute jump and how to breathe in and out in High altitude.

When the parachute jump arrived our plane took off from Baldonnell at 7 am on a fine morning. Doing the jump with me were two others Frances H and Mr Joe C, at 7,000 feet over the plains of the Curragh we jumped out of our planes, my heart missed a beat as I left the plane. The adrenalin took over and I smiled to myself. I was floating like a God in the sky. The wind and air pockets blew against my suit. On the way down I met a bird who gave out to me for flying in his air-space. At 2000 feet I pulled the cord to open my parachute and said a silent prayer it would open, which it did. As I floated down I had a look down and I saw sheep grazing. The cars on the motorway in the distance were like, Leo DE Caprio in the film Titanic I roared out-“ I am king of the world, I done a near perfect landing.”

On the ground all my family and supporters ran over to congratulate me on my jump. I raised €12,000 for my charity. That night we had tea and sandwiches in one of the army messes of the Curragh. Over tea, Frances and Joe told me of their jump but that is their story. I have told you mine. It is one day I will never forget, like the bucket challenge I nominate Kate to do it for real, go girl go!

**Philip F**



## CATERING UNIT

### Apple Cake



#### Ingredients

225g flour

85g margarine

110g sugar

2 cooking apples

1 egg beaten

A little milk

A little salt

#### Method

1. Pre-heat the oven to 190°C / 375°F / Gas mark 6.
2. Sieve flour and salt into a bowl
3. Rub in margarine until the mixture looks like breadcrumbs.
4. Peel and chop the apples and add to the flour mixture.
5. Add the sugar mix well, add the beaten egg.
6. If the mixture is too dry, add a little milk to make a stiff dough.
7. Put the mixture into a greased sandwich tin and sprinkle with granulated sugar.
8. Bake in the pre-heated oven for about 40 minutes until golden brown.

## Scribblers Book Launch



We received a heart warming welcome as a number of staff and members went to the Riverbank for the launching of a book which was composed by members of the Scribblers Group. We were delighted to see Mae Leonard as she was launching the book, also an author herself.

It was a great gathering of people who were interested in reading. People who did workshops were present. There was some lovely music being played throughout, as members from Scribblers read out some of their stories or poetry.

Refreshments of tea and coffee were served during the night, and if anyone felt like a glass of red or white wine it was available also.

Everyone had a very enjoyable night and we, at Platinum Clubhouse, were honoured by our members as Joseph G and Aine B who are a part of Scribblers Group there.



## Dollymount Strand

Dollymount strand on a summers day  
Children play with castle stronghold  
Fishing boats by the blue ripple bay  
Voices echoing on cliffs of adventure  
untold

Couples run with glee  
Laughing and crying out their freedom  
Waves angry at the tracks of passer by  
Flow with intensity and renew the  
carpet sand

With one gush of its rapids flow  
Seagulls dance in the calm breeze  
Waiting for herring of the boatman's  
catch

Giant ships manoeuvre the rocket sea  
line

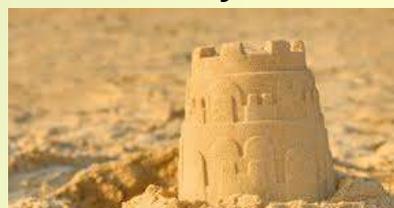
Like giant sperm whales singing their  
lonesome tune

Here I lay on this islands protected  
shore

Such ecstasy of summers strand  
Thoughts written by the poet's hand  
Life may change as rapid as the seas of  
no end

As to my coastal friend abide  
My cherished time at your seaside.

## Paddy M



### July Birthdays:

Anne M, Joe C,  
Rose B, Daniel D, Breda S  
& Tommy K



## Ghost or Banshee!

I watched from a distance as fear gripped me. What or who was I facing as I stood frozen on the spot behind the hedge. It seemed like hours and not twenty minutes. I had spotted it while out photographing. Was it some mythical being or even the banshee. I had not seen anything like it before. Suddenly it startled me as its ears, long and sticking out faced the hedge where I was hiding. Had it heard me I wondered as it started coming forward. The hair stood on my head, I started to perspire and feel sick as I pulled out my camera. I have to take pictures, I thought, as I quickly pulled out the lens of my camera and started shooting. As I snapped away it started to make a roaring sound unlike anything I ever heard before. It stopped inches from me and I could see it had a long golden mane and clearly there was a long silver comb in its mouth. I had no time to think as it jumped over the fence, knocked me over with its force along with my camera I stayed utterly still as it started to go faster and faster up the high road. It had an eerie scream coming from it and as suddenly as it had appeared it disappeared into thin air. Had I imagined it all as I stood up to wipe away the dust. I'll have my photos I thought for all to see.

Funnily enough as I got my photos printed there was nothing on any of the pictures they had all been destroyed when I fell. To this day I firmly believe there is some other force out there, had I encountered the banshee, who knows.

Frances H



## Stop Smoking

### 10 tips to help you quit

1. **Prepare to quit** – Weigh up the pros and cons. Write down your reasons for quitting and keep them close at hand.
2. **Make date to quit** – and stick to it.
3. **Support** – Ask your family and friends for support.
4. **Change your routine and plan ahead** – Replace or change activities that you usually associate with smoking.
5. **Be active** – Regular activity is good for your health and helps you to manage stress.
6. **Think positive** – You may have withdrawal symptoms once you quit smoking. These are positive signs that your body is recovering from the harmful effects of smoking. They will disappear once your body gets used to the change.
7. **Learn to deal with cravings** – Check out the tips for dealing with cravings.
8. **Save money** – that you would otherwise spend on tobacco.
9. **Watch what you eat** – If you are worried about putting on weight, be careful about what you eat.
10. **Take one day at time** – Remember, every day without smoking is good news for your health, your family and your pocket. If you slip-up, all is not lost. Set a new date and start again.



## Word Search

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

**Bags, Bin, Blankets, Books, Cards, Carpet, Case, Clock, Door, Drawers, Light, Mirror, Money, Palm, Paper, Pens, Pictures, Ruler, Stool, Switch, Table, Tapes,**

This month's interview is with

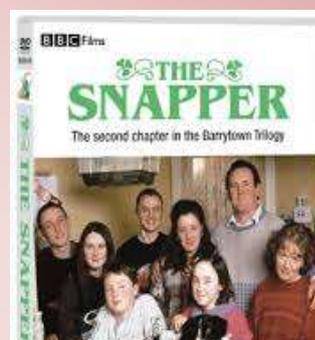
Michael P

Favourite Meal: Steak and Chips

Favourite Movie: The Snapper

Favourite Sport: Not into sport

Favourite Hobby: Going for walks, documentaries and technology



## ***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)

