



See Change

Wear a green ribbon & get Ireland talking about mental health

See change, the National Stigma Reduction Partnership and its 70 partner organisations will be rolling out a month long national green ribbon campaign to get people talking openly about mental health problems in May.

We are asking people to wear a green ribbon and support a movement to spark a national conversation about mental health in Ireland's boardroom, break-rooms, clubhouses, art venues, colleges and around the kitchen table throughout Ireland. The aim is to make the month of May every year synonymous with challenging the stigma of mental health.

This lime green ribbon has been established in the US and beyond as the international symbol for challenging the stigma of mental health problems.

The green ribbon campaign is simply about raising awareness and challenging the stigma of mental health problems.

Green ribbons will be available free of charge to everyone at Platinum Clubhouse contact Carmel for number of ribbons that you require



Changing minds about mental health

Inside this Issue:

Page 1 Green Ribbon

Page 2 Calendar

Page 3 Da's Pets

Page 4 Catering Unit

Page 5 Kildare Men's Group

Page 6 Art

Page 7 Interview & puzzle

Events

6th Bank Holiday
Clubhouse Closed

14th-16th Supported
Holiday in Limerick

17th Clubhouse closed

31st Employment Dinner

May 2013

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Art Class S&E meeting Ladies group Smoking Cessation	2 Newsletter Team Walking group Men's Group	3 Relaxation Crafts English Discussion group	4	5
6 BANK HOLIDAY CLUBHOUSE CLOSED	7 House meeting Healthy Eating Wellness Day	8 Art Class S&E meeting Ladies group Smoking Cessation	9 Newsletter Team Walking group Men's Group	10 Relaxation Discussion group Crafts English	11	12
13 H&S Meeting Policy Meeting Art Class Walking group	14 SUPPORTED HOLIDAY CLUBHOUSE CLOSED	15 SUPPORTED HOLIDAY CLUBHOUSE CLOSED	16 SUPPORTED HOLIDAY CLUBHOUSE CLOSED	17 CLUBHOUSE CLOSED	18	19
20 H&S Meeting Policy Meeting Art Class Walking group	21 House Meeting Healthy eating Wellness Day	22 Art Class Swimming Ladies group S&E Meeting Smoking cessation	23 Newsletter Team Walking group Men's Group	24 Relaxation Discussion group Crafts English	25	26
27 H&S Meeting Policy Meeting Art Class Walking Group	28 House Meeting Healthy Eating Wellness Day	29 Art Class Ladies group S&E Meeting Smoking Cessation	30 Newsletter Team Walking Group Men's Group	31 Relaxation Discussion group Employment Dinner		

The Da's Pets

My father or 'DA' as we called him had two pets one was a dog named Pinch. Pinches breed, as my father would say, was a little bit of everything and his colour was black and white. Pinch would follow my father everywhere especially to his place of work in the maintenance department in Naas hospital where he worked as a carpenter. Pinch would waddle around all the wards in the hospital as if he was a doctor stopping at all the beds, at each bed the patients would give him sweets, biscuits etc, Could you imagine today a dog in the hospital – health and safety would have a field day, a fit.

On one occasion Pinch was knocked down by a car and along came the ash lorry. This lorry used to collect all the cold ashes from fires which were left out in steel bins outside houses. It also collected all the rubbish along the streets. The lorry stopped and one of the workmen called out Pinch is dead. He lifted him up on a shovel and threw him into the back of the lorry. But Pinch was only dazed and jumped off the lorry and for the workman's trouble, Pinch bit him on the ear end. Pinch out lived my father by about two years.

The second pet my da had was a Jackdaw; this came about by him finding a Jackdaw chick that had fallen from its nest. My da brought it home and nursed it to full health using a little dropper to feed it, when it got hardy everyday it would fly off and wait for him at our house. I never found out what happened to da's bird. I just know he was kind to animals and in return they gave him great joy

John F



Work Experience in Platinum Clubhouse

ON coming to Platinum in January 2013 I didn't know what to expect. I had read all the literature, all the research and all the theories. College had assumed to have to taught me all there is to know about mental health. However I was reminded of an old Chinese proverb that says....' To know the road ahead ask those who are coming back'.

That's exactly what I did, so I would like to express my heartfelt thanks to all who have walked the path with me, for sharing your own personal stories of hope, courage and determination. Stories of how each of you in your own way, found your own way back. Stories that have illuminated and inspired my journey through Platinum Clubhouse.

You have taught me more than any college could ever hope to. As this particular journey comes to an end, I will carry with me a spirit that is Platinum Clubhouse. It's left me wiser stronger and truly inspired.

I can genuinely say I am very proud to have been part of the Clubhouse experience. What I have learned I can express with these words from Emerson'... to travel hopefully is a better thing than to arrive'.

Ps I'll be back.....

Yvonne.

One Day

I've got a list called 'One Day'.
I add things every week,
Like, one day I'll be slender,
My figure trim and sleek,
And one day I'll learn Spanish,
And French and German too.
I'll learn to make a soufflé,
I'll study cordon blue
And one day I'll grow orchids,
I'll write a brilliant novel,
I'll learn to fly a jet!
Your right, I know I'm dreaming,
For one day's far away.
Next time I make a list out
I'll Label it, "Today"

The Peoples Friend

CATERING UNIT



Apple Tart

Ingredients:

225g / 8oz Odlums Cream Plain Flour
125g / 4oz Margarine
1/4 pint / 150ml Cold Water (approx.)
4 Large Cooking Apples (peeled, cored and sliced)
Sugar to sweeten apples
Icing Sugar to dust (optional)

Method:

1. Preheat oven to 200°C/400°F/Gas 6.
2. Place margarine in freezer for about 15 minutes to harden.
3. Sieve flour into a bowl.
4. Grate hard margarine into the flour. You may need a little flour on your fingers for this.
5. Using a knife, mix grated margarine into flour.
6. Add sufficient water and mix to soft dough with the knife.
7. Turn onto a floured board and knead lightly.
8. Roll out half the pastry to the size of an oven proof plate.
9. Arrange apples on the pastry.
10. Sprinkle with sugar to sweeten.
11. Roll remaining pastry to cover the apples.
12. Dampen edge of base pastry with cold water to seal.
13. Press top pastry over apples to make the tart. Seal the edges by using the back of a knife to form a crust. Then cut at 1"/3cm intervals to form a scalloped edge if liked!
14. Put a cut on top of pastry to allow steam to escape and bake for 35 minutes approx

Kildare Men's Group

Every Tuesday morning, three members from Platinum Clubhouse attend the men's group in Teach Dara, Kildare Town. This group was set up by Sister Brid, of the Presentation Convent, Kildare. It was a group set up for men who are unemployed or retired. Over the first few months we have made cribs for a Christmas craft fair, and got ready to sow a garden for the summer. We hope to plant potatoes, beans, cabbage, carrots, etc, in our garden. Recently we have done a Computer Course with Marie Keane. At present we hope to set up a committee for our group.

In the future, we hope to have a day's outing for the group. We also hope to get our own men's shed, as at present we have to pay the centre for the use of the room. At present, we have sixteen to twenty members. Over the last few weeks I have made new friends at the men's group, and renew old acquaintances. The men's group is a place to go till I get back to work. I want to thank Joe Garrett for all the kind lifts he gives to me back to the clubhouse after the men's group.

Philip F



May Birthdays

**Stephen L, Stephen C,
Tony C, Paddy M, Denis O' C,
Frances D, Martina D, Pat H, Stephen M,
Wesley C, Carmel D, Margaret O' D, Joan M,
Theresa M, Dawn B, John D, Mark N, &
Martin P.**



Lets hear it for Dev and Churchill

Raise a glass for de Valera,
Toast his silken skills,
But bigger plaudits for Churchill
A man who has never killed.

Churchill is like a father to me
Dev like an uncle Martin Luther King
Churchill is like Lloyd George
Churchill saved England, Ireland and everything.

Dev saved Ireland with neutrality
Churchill took to the battlefield
Dev is the bravest leader you'll ever know
Churchill made the world safer indeed.

de Valera fought for advantage
de Valera saved my ass
Churchill loves his family
Both equal in terms of class.

By Niall D

Grand National Results

Placed	Horse	Winner	Prize	Seller
1 st	Auroras Encore	Frances H	€100	Frances H
2 nd	Cappa Bleu	Aine Lawless	€50	Michael Mc L
3 rd	Tea For three	Graham c/o Hennessey's	€25	Philip F
4 th	Oscar Time	John Finn	€25	John F

The staff and members of Platinum Clubhouse would like to thank everyone for their kind donations which were greatly appreciated by the Clubhouse community

Art

It can be difficult to communicate feelings or even needs and necessities when you have a mental illness, especially when you have been given a certain label. You are not Mary or John anymore but bipolar, schizophrenic, tunnel visioned or whatever! The two elements are your own self esteem and your confidence. You think the world and society looks at you differently.

Sometimes it does, sometimes your own sensitivity and self-consciousness tells people you are not well - (this in itself may not be acceptable to the sufferer but may be reality). You think you will be seen differently and you almost bring this about yourself and inventively you become more introspective.

This may make you potentially more creative as in adversity imagination can be artistically productive.

One of the old poets expressed it thus: "true wits to madness near allied and thin partitions do their bounds divide".

Introspection, when extreme unfortunately leads to reduction in communication skills and initially, at least initially creativity.

One form of expression can be through art or as, not alone does it allow direct self expression in colour or shade, it also has the benefit of lasting creation or that creativity we spoke of earlier. You then have achieved something that can be a joy to yourself and others- sometimes right into the future.

Art then can be something to fall back on any time into the future for relaxation or in times of stress. The skills attained and the enjoyment (the freedom of true personal expression) is remembered.

It is like yoga as, if you keep it in mind, it can reduce stress and lead to a calmer and more productive lifestyle.

Lydia

When Patricia reached the gates of heaven,
she was weary bent & old,
She humbly asked St Peter to gain
admittance to his fold
"What have you done" said Peter to gain
admission here
"I've gone to Platinum Clubhouse for many a
dreary year,
At once the gates were opened, St Peter rang
the bell
"Come in come in" said Peter "You've had
your share of hell".



The Perfect two

If I define the number 2
There is just one meaning me and you
If I explain the pronoun we
I'm struck with the thoughts of you and me
If I explore the small word us
I see it lasting ever thus
If I reflect on life together
I see no limit of stormy weather

If there's a chance you have my view
And see in us the perfect two
And feel quite free
In using we
And give us a plus
To dreams of us
Then possibly hearts fragile then
Will keep the two of us together

Patricia D

May Quote

"Now every field is clothed with grass and
every tree with leaves;

Now the woods put forth their blossoms,
and the year assumes its gay attire."

- Virgil

G	U	I	L	G	E	R	U	T	S	E	G
U	V	E	G	N	I	G	Y	L	I	U	G
I	R	A	E	G	T	T	S	G	Y	D	D
L	I	U	G	A	L	A	M	G	U	T	T
G	A	I	O	I	G	A	M	E	O	E	O
E	E	G	U	A	A	A	G	T	G	L	G
R	D	G	I	N	I	O	P	A	E	T	D
U	I	N	I	D	L	M	E	G	N	L	M
T	U	O	E	I	D	T	V	U	D	I	T
S	G	D	O	V	M	Y	S	N	E	U	F
E	O	G	G	O	I	N	G	I	R	G	I
G	O	L	F	R	E	G	N	I	G	I	G

Gail, Gain, Gap, Game, Gas, Gate, Gear, Gel, Gem, Gender, Gesture, Get, Giddy, Gift, Gig, Ginger, Gist, Give, Goat, God, Going, Gold, Golf, Got, Guide, Guilt, Guilty, Gun, Gut, Guy

This month's interview is with:

Dagmara (Work Experience Student)

Favourite Meal: Tomato stew with rice

Favourite Movie: The Godfather

Favourite Sport: The Gym

Favourite Hobby: Reading



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 the Clubhouse.

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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