



# NEW SBRIDGE

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October 2013

## A Walk around Newbridge

On Saturday the 14<sup>th</sup> of September 2013 I joined a group of people who were on a walking tour of Newbridge.

We started off from the Library and went up the road to the watering gates where the soldiers used to water their horses each day. They had about 800 horses to look after so they were kept busy. After it was explained to us and shown on some old aerial photos of the position of the barracks and the River Crossing from the Gas Works on Chapel Lane to the town before they moved the bridge and the road. Next we went up to St Brigid's Terrace where we looked at some of the original walls and one or two houses and heard more about the Barracks and the transmission houses and the position of the walls some of which are still standing. Our next stop was in a coal yard which was behind Xtra vision, There used be a gate onto main street in front of the new buildings. Staying within the car park we were given more information about the hand over to the Irish Army of the barracks and told about the time there were prisoners held in some of the place and how one time they got into the sewers and escaped down to the river. About 119 got away however the last three got shot by the soldier on the bridge.

After the change over in 1922 the Irish Army was more interested in the Curragh Camp than Newbridge which fell into disrepair and the job of minding it came into the hands of the office of public works (OPW). It was decided to divide the site up into different sections between the GAA, Board Na Mona, Irish Ropes and Newbridge Silverware. The site was much bigger than you think. It spread over into White Water Shopping Centre, Cutlery Road didn't exist in 1933 neither did Newbridge Silverware. After a while listening to the guide we continued our walk up past the Town Hall which wasn't always the Town Hall. It is supposed to be done up soon so that it wouldn't fall down. The money is there for the job but the council is about to be disbanded next year. Our next stop on the tour was on main street outside Penney's where if you look across the road you can see which group of houses were built together by looking at the roofs and chimneys. We crossed over at the lights and walked around the corner into Henry Street. As we walked along our guide kept pointing out different peoples houses and by the time we got to the corner we stopped and he pointed out the Iron Church to us on the photograph, Alas it is no longer there, but if you look across the road and read what the sign says you will find that you can still see the prayers taking place upstairs after looking around we noticed that the cottages behind us were built with the same coloured bricks and were being still lived in. We walked along Henry Street to the Granary Pub across the road Mr Mc Atwain lived in the first house which got cleaned up in the past few years before I came to Newbridge. In the row of houses the Samaritans have a house too. Across the road in the big corner house used to be the post office at one stage, the parish office used to be a school. Now we are getting at the end of our tour so we walked down the street towards the river until we got as far as the Market Square where the Court House used to be and turned right into Georges Street where on a Saturday there is a food market. The guide stopped outside a red bricked building and they told us that the Masonic Lodge meet there still and this is where the tour ended. Thanks to the local history group who meet every 3<sup>rd</sup> Wednesday of the Month in Sarsfield GAA Club at 8.30pm.

Niall O'F



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## October Events

**6<sup>th</sup> -13<sup>th</sup>** Mental Health Week

**10<sup>th</sup>** Bowling



**Mid Oct** Out and About

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

**28<sup>th</sup>** Bank Holiday Clubhouse Closed

**31<sup>st</sup>** Halloween

# October 2013

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 House meeting Healthy Eating Wellness Day	2 Art Class Standard &Employment meeting <b>Ladies Group</b>	3 <u>Clubhouse</u> <u>Men's group</u> Walking Group Kildare Men's Group	4 Relaxation Discussion Group Crafts	5	6
7 Policy Meeting Art Class Walking Group <b>Journeying</b> <b>Forward Class</b>	8 House meeting Healthy Eating Wellness Day	9 Art Class Standard &Employment meeting <b>Ladies Group</b>	10 <u>Bowling</u> <u>Clubhouse</u> <u>Men's group</u> Walking Group Kildare Men's Group	11 Relaxation Discussion Group Crafts	12	13
14 Policy Meeting Art Class Walking group <b>Journeying</b> <b>Forward Class</b>	15 House meeting Healthy Eating Wellness Day	16 Art Class Standard &Employment meeting <b>Ladies Group</b>	17 <u>Clubhouse</u> <u>Men's group</u> Walking Group Kildare Men's Group	18 Relaxation Discussion Group Crafts	19	20
21 Policy Meeting Art Class Walking group <b>Journeying</b> <b>Forward Class</b>	22 House Meeting Healthy eating Wellness Day	23 Art Class Standard &Employment Meeting <b>Ladies Group</b>	24 Walking group <u>Clubhouse</u> <u>Men's Group</u> Kildare Men's Group	25 Relaxation Crafts Discussion Group Employment Dinner	26	27
28 <b>Bank</b> <b>Holiday</b> <b>Clubhouse</b> <b>closed</b>	29 House Meeting Healthy Eating Wellness Day	30 Art Class Standard &Employment Meeting <b>Ladies Group</b>	31 Walking Group <u>Clubhouse</u> <u>Men's Group</u> Kildare Men's Group			

## Autumn Courses

### Platinum Clubhouse

Young Persons group	Starting November
Healthy Food Made Easy	14 <sup>th</sup> Oct
Computers for the Terrified	3 <sup>rd</sup> Oct.
Journeying Forward	Started.
Chair Yoga	Sept 17 <sup>th</sup>
One to One	Ongoing
Art	Ongoing
Relaxation	Ongoing
Discussion and Crafts	Ongoing



### Community

Men's Health & Well Being	October?
Computers	Sept 27 <sup>th</sup>
Return to Learning	Started
Photography (advanced)	Started
Literacy and Numeracy	Ongoing
Choices	Ongoing
Kildare Men's Group Photography course	Ongoing
Human Rights Workshop	



### The Needle Gang

*United we knit bit by bit  
 To a pattern so very fine  
 Relaxed and composed we sit  
 With a quilt to create in time  
 Like busy bees we work away  
 Knitting with a motive in mind  
 Each one of us accurate to stay  
 An art to create no matter what bind  
 In time we use our reels of wool  
 Movement of fingers and needles for sure  
 Our work is never ever so dull  
 And our woollen garment so very pure  
 Each pattern of wool sewing with care  
 Swiftly passes each working hour  
 Amused and relaxed beyond compare  
 Our minds not to over power  
 Each one of us knit our share  
 Trying the best we can do  
 Each woollen piece the best of ware  
 To a fine quilt good and new  
 In arts and crafts room we are  
 Chatting and joking our day along  
 Our daily craft goes far  
 And in harmony nothing goes wrong  
 A colourful garment hand knitted so well  
 Proud of work our hearts fulfil  
 Our work completed time will tell  
 And our motives of good will  
 Maybe a granny's quilt on an armchair  
 To be sold or raffled one day  
 A work of art knitted with care  
 Only time and patience have its say*

*Paddy M*



## One Direction This Is Us in 3D on August the 30<sup>th</sup> 2013

On August 30<sup>th</sup> 2013 I went to see One Direction This is us in the Odeon Cinema in White water at 3:45 p.m. I handed in my ticket and got my 3D glasses to see my One Direction film and I got popcorn, small drink and One Direction lanyard (up pass). I went into the cinema and got my seat and sat at the front seat. While I was waiting for One Direction This Is Us film to come on they played some of their songs like one thing they don't care about us, the best song ever, and Kiss You. About 3.50p.m. the One Direction movie This Is Us came on and they came up on stage and started singing all their songs from the One Direction album Take Me Home like Kiss You, Little Things, Live While We Are Young, Heart Attack, C'mon, C'mon, All Over Again, Teenage Dirt bag, The Last Kiss and I wouldn't Change My Mind. They showed a documentary as well about how they started the band and being in the X factor and how they came together afterwards as Band Too. H also showed releasing their single what makes U Beautiful and their two albums as well, One Direction up All Night and One Direction Take Me Home. Then there were some funny bits in it too, very funny. I thought the whole movie and documentary was very good and I really enjoyed myself and it was amazing, brilliantly well done, epic and enjoyable to watch my One Direction boys in 3D and I had the best time of my life singing and dancing along to all the songs which I know off by heart. I would go and see it again. I thought the film was great in 3D because I got to see my One Direction boys in 3D. It was epic and I had a blast and I really did enjoy myself. I was singing all of their songs and love all their songs. It was a great day out. I also thought the film was great because it shows how much the fans and me really love One Direction greatest band to come out of the X factor. I though the film was really interesting because it showed that One Direction are very funny and know what it takes to be a true band like One Direction have. In the film I couldn't stop laughing because Liam did a funny prank on Harry. It was so funny I really couldn't stop laughing and it was a good joke to pull but it was definitely funny. Also in the film all the songs were brilliant and Liam was smiling which made me smile and be happy. The reasons why I loved the film is because it was entertaining, brilliant, awesome, amazing, interesting, hilarious-funny, great sing along and exciting. I loved seeing all my One Direction boys, Liam Payne, Louis Tomlinson, Zhan Malic, Harry Styles and Niall Horan. It was a brilliant movie and I hopes to see it again. I think it was their best concert very funny but definitely brilliant. Anyway I had a blast and a great day and the best time of my life. I really enjoyed myself, it is a memory that I will treasure for the rest of my life and I was the happiest girl that day so exited and very thrilled it was like I was up there with them. It is a dream come true to see my boys in 3D. I can't wait to see them play in Wembley because it looks like they will. They are a band I would see again and would listen to their songs all the time. My day out was the best day ever. I got to see my One Direction boys in 3D. I had a blast, enjoyed myself and was very excited and really happy had the best day of my life. The film was brilliant and an amazing movie and I definitely would see it again because it was a brilliant and amazing movie and awesome too, singing along and dancing and will treasure forever and have the best time and day of my life seeing my One Direction boys in 3D. Also it was like being in the movie with them. Standing beside them would be a good feeling too. Being their manager would be a great feeling to have if I was. I think One Direction will make millions of records in the next couple of years or months. I really loved the movie; it was the best feeling I could ever have and was really happy too and very excited singing and dancing along to it. I had the best day ever. It was the best movie I have ever seen, very joyful, interestingly entertaining and brilliant and amazing too. I felt like I was there with them. It was really good and I had the best, best day of my life; it was an amazing feeling to have. I felt so good and delighted I went.

Michelle F



### The Stroll

I took a stroll the other evening to clear my head. My stroll took me by some of my childhood haunts where I had good memories. A local shop where my friends would ask the shopkeeper how many penny toffees for a penny. He would shout at us to get out and in a rage fire a handful of aniseed balls, at us to which we would scatter round the floor picking them up and run

The paper shop to look at that weeks comics The Hotspur, The Beano, The Dandy, The Victor and the Bunty for the girls.

And then my favourite the sweet shop I could see all my favourites, slab toffee broken into squares. Fizz bags, bulls eyes, macaroon bars, candy cigarettes, midget gems which were never counted but the lady had a little glass which she would fill to the top and pour into a paper cone which she had just made. A liquorice lace, lucky bags, chewing gum.

I will stop now as I am a bit weary but we will return again.



John F

### **Smile**

We all can make a difference  
To someone's life each day,  
A friendly smile, a word or two,  
Will help them on their way

Just to Know that someone cares  
Can brighten dull days too  
And when you smile at someone else  
They then smile back at you.

Frances H



### Franklin Roosevelt my dream War Hero / and Lincoln my Dream Grandad

Raise the American Flag for Roosevelt  
His enemy Hitler was like cow dung,

Franklyn worried how the American girls  
felt

He wanted Hitler's neck wrung.

Roosevelt and Lincoln are a dream pair  
Seamus Brennan was a Lincolnton grandad

Lincoln inspired Gladstone and O' Connell  
Freed all American Slaves which wasn't  
bad

I read the Lincoln book "Team of Reveals2  
And enjoyed it to my very soul

Franklin modelling Lincoln insured  
Churchill's Survival

Clubhouse revels with peace of mind over  
goal

Niall D

### **October Birthdays**

**Frances H,  
Rose N, Anna W, Philip F,  
James K, Noel M, Sheena H,  
Hugo M, Peter K, Mary C O',  
Tony K, John F.**



## Reading

There is a saying: 'A house without books is like a person without a soul'. But is it true? Should we all read? Can we rely on spoken word, on something we hear every day on a radio? In my opinion the answer is: yes. Reading is necessary to understand a different person's point of view. Even a good film with special effects or a good plot is not as good as a book can be. By reading we stimulate and develop our imagination. It is not like in a film, where the picture is given to us ready, you have to make your brain work to visualize somebody's home, emotions, feelings, and a situation. Then we think about it, we feel compassion, or wonder what we would do if we were in somebody's shoes. A book is putting us closer to the other life. To the other person's life, I mean. We all need this especially when our own life is not too interesting, exciting or just not the one we would like to have.

Maciej



## Loyalty

During the last few weeks we have seen two cases where Loyalty went out the window. John Oxx, over the last number of years, has trained a lot of classic and group winners for his Highness, the Aga Khan. This year, he has had a bad year due to a virus in his yard and as a thank you for all his success, the Aga Khan pulls all his horses and sends them over to Dermot Weld. But the biggest insult of all was that he is sending no yearlings to Mr Oxx for next year. As a result a lot of the lads and girls who work there will lose their jobs.

Trainer, Peter Casey has only one good horse, Flemenstar. He has won a lot of valuable prizes for the owner with this horse. It has made Mr Casey a Radio and T.V. star. The owner thanks for all of this is to switch the horses to Tony Martin, another Trainer. What a blow to a small trainer, whose only good horse this was. With loyal friends like this who needs enemies.

Next month, we have a Budget. What thanks will the Irish People get for suffering years of Austerity, another screw the poor people of Ireland while the bankers and developers who caused all our problems, ride off into the sunset like, Roy Rogers. And Trigger. This is our reward for all our Loyalty to our country

Philip F



## October Quote

***To the soul there is  
hardly anything more  
healing than friendship***

## September Birthday's



**Pat C, Aine B, James P and Eddie D**

This month's interview is with

**James K**

**Favourite Meal:** Oh Spicy Beef & Onion Pizza

**Favourite Movie:** Fight Club

**Favourite Sport:** Basketball

**Favourite Hobby:** Painting Miniatures

## About Platinum Clubhouse

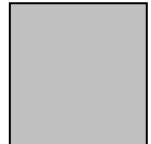
Clubhouse is a member run and centred service, where every individual has something valuable to contribute to the clubhouse and to society at large, irrespective of their diagnosis or level of function.

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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