



## Accreditation

Platinum clubhouse is back preparing for our accreditation which will be held in

February / March. We have not got a definite date yet, but we are working towards having our self study well on the way by the end of November. So we need as much help as possible, members opinions and help are needed to make our self study a living document.

We will break in December to celebrate Christmas in style, and in January straight back to work. It is our 5<sup>th</sup> accreditation visit so the process is not new to us, but we know the standard they are looking for.

We are up to the challenge and as usual we will work together to achieve our goal.



## Inside this Issue:

**Page 1** Accreditation

**Page 2** Calendar of Events

**Page 3** Discussuion & Crafts class

**Page 4** Catering Unit

**Page 5** Winter Blues

**Page 6** The Seasons Come & Go

**Page 7** Word Puzzle / Interview

## November Events

**2<sup>nd</sup>** Advisory Board Meeting

**11<sup>th</sup>** Quarterly Review

**11<sup>th</sup>** Bowling

**19<sup>th</sup>** Soccer F.A.I in Carlow

**27<sup>th</sup>** Employment dinner in Silken Thomas

## November 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>2</b> 9 Policy Meeting Art Class Walking group Advisory Board Meeting	<b>3</b> House meeting Healthy Eating Men's Group	<b>4</b> Art Class Standard & Employment meeting Ladies group	<b>5</b> Creative writing Walking Group	<b>6</b> Relaxation Crafts	<b>7</b>	<b>8</b>
<b>9</b> Policy Meeting Art Class Walking group	<b>10</b> House meeting Healthy Eating Men's Group	<b>11</b> Art Class Ladies group Quarterly Review Bowling	<b>12</b> Creative writing Walking Group	<b>13</b> Relaxation Crafts	<b>14</b>	<b>15</b>
<b>16</b> Policy Meeting Art Class Walking group	<b>17</b> House meeting Healthy Eating Men's Group	<b>18</b> Art Class Standard & Employment meeting Ladies group	<b>19</b> Creative writing F.A.I Soccer Carlow	<b>20</b> Relaxation Crafts	<b>21</b>	<b>22</b>
<b>23</b> Policy Meeting Art Class Walking group	<b>24</b> House meeting Healthy Eating Men's Group	<b>25</b> Art Class Standard & Employment meeting Ladies Group	<b>26</b> Creative writing Walking Group	<b>27</b> Relaxation Crafts Employment Dinner	<b>28</b>	<b>29</b>
<b>30</b> Policy Meeting Art Class Walking group						

## Discussion & Crafts Class

Every Friday morning we meet for relaxation crafts and discussion in the coffee dock. We knit over a cup of tea or coffee and a chat. We all have a project to do like scarves, and tea cosies, hot water bottle covers, gloves, socks and blankets. Teresa likes knitting scarves, Sheena enjoys knitting tea cosies hot water bottle covers and teddy bears. Frances knits tea cosies, cushion covers and also enjoys tapestry. Susan is the tutor of the group. She provides us with patterns, needles, wool and ideas. Sometimes we go as a group and buy wool, and visit community projects we also get donations of wool and materials which are much appreciated. We will display our finished products at the mulled wine morning where they will be for sale. We enjoy our morning relaxation session which is held before the crafts session.

We look forward to the mulled wine morning where members and guests will view the crafts. They will make nice Christmas gifts.

**Sheena H & Teresa A.**



## Al's Dog

### Ode to Jerry Lee

What a creature of God is she  
Lying lazy down with bended knee  
A fine German shepherd dog so cute  
In the very blossom of its youth  
A drink of water by its side  
In a secret corner there it hide  
Looking up at me with its cute eyes  
Master Al's love for her never denies

Sure a bitch of a dog now so strong  
And by it's owner's company it belong  
Cocks it's ears up to each every sound  
Stretched lazy bodied on the ground  
A faithful creature sure it is indeed  
Loves to get daily many a tasty feed  
What a trust this mighty dog bestow  
With so much love in it's heart to grow

Never complains laps up the company  
Petted by each passer by it see  
Now thriving and growing stronger in time  
A speck of brown on its forehead so fine  
A happy dog living life to the best  
Getting in its life another comfy rest  
A dog once mistreated and troubled so  
Now loved and secure in it's heart to flow

A blessing of the skies she surely be  
Means all the entire world to me  
All the wealth of this world I do without  
Just to have my dogs company about  
I know her habits and the tricks we play  
Gives me entirely many a sunshine day  
The Eternal heavens gave me a gift divine  
A cherished pet to love forever in time

**Paddy M**



# Catering Unit

## Rocky Road Bars



### Ingredients:

2 x Packets of Jacobs Lincoln Cream Biscuits Crushed  
225g / 8oz Butter  
225g / 8oz Caster Sugar  
2 Eggs (beaten)  
3 x Galaxy Chocolate Bars  
4 tablespoons drinking chocolate  
4 Large Packets of Maltesers  
1 Packet of Rolo  
1 Packet of Munchies  
1 large Packet of Small Marshmallows.

### Method:

1. Melt the butter and sugar in a saucepan over low heat.
2. Remove from the heat and allow to cool slightly.
3. Add the eggs and stir well.
4. Add all the remaining ingredients and mix well.
5. Transfer to a swiss roll tin 33cms x 23cms.
6. Press down well with the back of the spoon.
7. Allow to get cold and cut into bars.

## Winter Blues

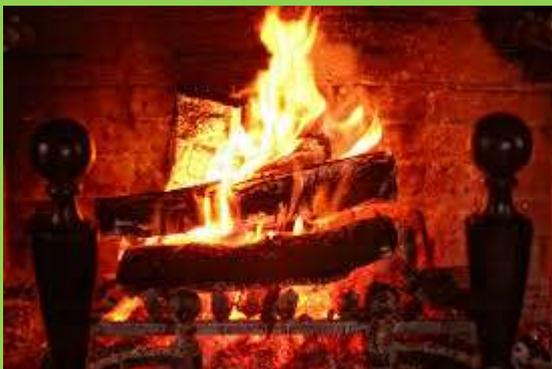
There's a sharp chill in the air now as we enter into yet another month. I always think it's a sombre month as we try to get through the long dark evenings. People hustle and bustle to get home before the dreaded rain showers to relax in front of a warm fire or just sit idle by.

Some find it a hard month. It's a month for the holy souls and all saints. We pray for and remember our dearly departed, and wish them eternal rest. Yes, the month seems endless, even the birds migrate to a warmer climate. There's a stillness in the air all around, a silence that cannot be broken, as we anticipate and wait for the morning to come around.

Its hard to fight fatigue and depression, and there are lots of colds and flu's as we try to fight infections. Some get the flu injection to help for the coming harsh months ahead. It's a drab and dreary time as people try to focus on and keep their spirits up. Some read more or perhaps take up a hobby like knitting to while away the lonely nights.

We need to keep out an eye for our elderly as they can find the lonely nights very difficult. We should visit them and make sure they have something warm to drink and eat to keep out the cold chilly evenings. Some may be lonely and in need of some company or see a friendly face. It's a time for looking out for one another as we wait for time to pass.

Frances H



## Ladies Group



The ladies group was set up on the 30<sup>th</sup> of September. A decision was made to link up the young adults group to the ladies group. On doing so attendance has been good.

The ladies made a group agreement which ensures that anything mentioned within the class is confidential. Each lady was happy with the agreements of the group and everyone contributed very well in the making of them.

On the first week each lady introduced herself and said something about themselves. We then talked about confidence and the power of positive thinking. Sandra then handed out a written piece called 'the learning basket'

The following week the group talked about autumn. Each lady expressed their likes and dislikes about this season and how they were excited about the clubhouse Halloween party. The group ended at 12 pm that day due to a meeting. The following week we decided to play a few games like 'stop the bus' which all ladies really enjoyed.

The ladies group have invited all members of the clubhouse to a MABS meeting they are hosting on the 21<sup>st</sup> of November in the dining room. We are looking forward to this as it will help all of us in budgeting for Christmas.

### November Birthdays



Noel H, Garry L, Larry G,  
Brid N & Eileen D.

## Winter Time

*Winter is the time when the nights are getting longer and days getting short. It's the time when the leaves vacate the trees and the grass gets scarce. The frost reigns over the plants and the roads are slippery with the frost. The clocks are set backwards an hour earlier in which contributes to the short days and long nights set in and farmers put their stock indoors and feed them silage. It's also the time for fireworks night in early November and the time we look forward to Christmas coming around the corner. We have to heat our houses up high to keep warm which means spending more money on fuel. Our appetites increase as a result of the cold weather and we tend to eat more as a result.*

Tommy K



## The Seasons Come & Go

The seasons come and the seasons go,  
For when they are here they are so much fun,  
Never before is there singing and song,  
For when they come they are there.

No one knows when the seasons come,  
This is the way that everyone comes,  
When the seasons are here we will always be happy,  
For this is the way that makes us happy.

The seasons are here with wind and snow,  
They are also here with sun and rain,  
For when they are coming in they come in force,  
Because that is the way that they come in.

The spring is the start of growth and birth,  
For with this comes loads of fun,  
Summer months is when the farmers reap the  
harvest,  
And take in all that was grown.

The autumn months are a time to make it lean,  
The trees always shed their leaves,  
In winter it is time to take the animals in,  
And a time for Christmas cheer.

Jonathan D



## Word Search

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

Barry, Billy, Bobby, Clive, Colin, Conor, David, Fionn, Gerry, James, Jamie, Jimmy, Larry, Lucas, Micky, Nicky, Ollie, Paddy, Patsy, Peter, Ronan, Steve, Tommy

### This Month's Interview is With Stephen L

Favourite Meal: Steak and Roast Potatoes

Favourite Movie: Terminator 4

Favourite Sport: Football

Favourite Hobby: Working on my Labtop



Congratulations to James K and Debbie R on entering Part-Time Employment.



Platinum Clubhouse has received the Hilton Humanitarian Prize for their role in creating a successful model to help those suffering from mental illness to reclaim their lives and realize their potential.

## ***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)

