



## Big The Musical

Well the Christmas spirit is upon us, time for a show. Kate has prepared us an early dinner. Well fed we climbed onto the bus, twenty seven in all so it was a good crowd in good voice we were heading for Dublin and the Bord Gais theatre for the musical Big. We shared out the drink crisps and chocolate bars before queuing up at the main entrance. There were a lot of people. It was very busy so we had to be careful to stay together. We were looking for seats rows v and w, When the audience had settled music began and it started with two houses in view. The two boys were friends so the show began. It was a fabulous revolving stage with so many moving scenes. One of the boys made a wish at the fairground and his wish came true to be bigger. He had to find a job. The singing and dancing scenes were marvellous as he found new friends and a good boss. The audience joined in with the whole mood of the show. Enjoying the treats we had a wonderful time. Eventually the boy wished to go home to his parents. Having made the decision he headed to the street where he came from and changed back to a small boy. We enjoyed the closing scenes and finally we made our way out to the bus. Martina led the carol singing as we happily made our way back to Newbridge to the Clubhouse for about seven o'clock. A good time was had by all.

**Paul C**



## Inside this Issue:

- Page 1** Big, The Musical
- Page 2** Calendar of events
- Page 3** Christmas Dinner in the Osprey Hotel
- Page 4** Catering Unit
- Page 5** Mulled wine Day
- Page 6** New Year's Day
- Page 7** Word Search / Interview

## January Events

Social Activities  
every Wednesday  
until 5pm

27<sup>th</sup> Platinum  
Clubhouse Awards  
Day at 11am.

## January 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 Bank Holiday Clubhouse closed	3 House meeting Efficacy Group	4 Standard & Emp / Edu meeting advocacy group	5 Walking Group Publication group	6 Community support Crafts group	7	8
9 Policy Meeting Walking group	10 House meeting Efficacy Group	11 Art Class Standard & Emp / Edu meeting advocacy group	12 Walking Group Publication group	13 Community support Crafts group	14	15
16 Policy Meeting Walking group	17 House meeting Efficacy Group	18 Art Class Standard & Emp / Edu meeting advocacy group	19 Walking Group Publications Group	20 Community support Crafts Group	21	22
23 Policy Meeting Walking group	24 House meeting Efficacy Group	25 Art Class Standard & Emp/ edu meeting Advocacy group	26 Walking Group Publications Group	27 Awards Day	28	29
30 Policy Meeting Walking group	31 House meeting Efficacy Group					

## Living

Its strange how sometimes we take life for granted, like we know tomorrow will come. We make arrangements for everyday living. We look forward to and make plans for work, summer holidays and winter times too. Life goes on year in year out.

We do not dwell too much on the future or what might or may not happen to us. It's always someone else's sad story to tell. Yes, we are a creature of habits. We do this and we do that, life is to be lived until that fateful day our world is turned upside down, torn apart.

Where do we turn to? What do we do? Suddenly we realise life is fragile, precious, it goes by like the click of a finger, time waits for no-one. Its times like this we try to grab on to life to try and make sense of it all.

What is it all about? Somehow deep within we find our faith and courage to help us through the good and bad times. We are survivors; we have an inner strength sustaining us which enables us to move forward during our most difficult times of our lives.

And so for the New Year of 2017 I'm wishing you all a very happy new year, and hoping it will be a peaceful one for us all and our loved ones. May light and love shine around us all throughout the year, for the world is still a beautiful place to live in Let's not waste it.

Frances H



## Christmas Dinner in the Osprey Hotel

Our annual Christmas Party was held by The Mental Health Association, and took place in the Osprey Hotel, Naas, on Wednesday 14<sup>th</sup> December. It was on from 1pm – 5pm. There was a big turnout of people.

A raffle was held in aid of the Mental Health Association. Tickets were sold very quickly, and later after our meal, the raffle was held. There were lots of prizes to be won and the first prize was a turkey.

The menu choice was excellent there was a great opportunity for people to chat during and after the meal to lots of members from different centres.

The entertainment was very good and there were lots of waltz's, quick steps and jives. Lots of members took to the dance floor. It was very enjoyable.

By evening we were all feeling tired, but happy after our day. Most members went home by private cars and others by bus. All in all it was a lovely day.

Frances H & Sheena H



## HOME-MADE BEEF BURGERS

*Serves 4 People*

**What you will need:** 1 lb/450g mince beef

2 small onions

1 egg

2 tbsp oil

Salt and pepper

Tomato ketchup

Mixed herbs

**Preparation time:** Approx 10-15 mins

**Cooking time:** Approx 40 mins

**Method:** Put the oil into a frying pan and put onto a hot heat. Dice the two onions into small pieces and fry for a few minutes. Mix the onions in with the mince in a large bowl. Beat the egg and mix into the mince also. Finally mix in a sprinkle of mixed herbs, some salt and pepper and a dollop of tomato ketchup.

Pick up a handful of mince, using slightly wet hands, and shape the mince beef into burgers. Slightly oil a tray and place the burgers onto it. Cover the tray with some tin foil and place the tray into a preheated oven at 180°C. Leave for about 30 mins and then remove the tin foil and return to the oven for a further 10 mins to brown.

Serve the burgers in baps with lettuce and onions and vegetables of your choice.





### Mulled wine Day

One of our social highlights of the year had crept up on us. For some of us seasoned campaigners it was nothing new but for a lot of our newer members it was to be a new experience. It was all systems go in the kitchen from first thing in the morning getting the sandwiches prepared for our guests.

There was a lot of organising to be done, the dining room had to be arranged and the tables had to be decorated.

During the lead up to the big day the choir singers had been practicing. It is always difficult to organise because we know a certain amount of visitors come every year and a certain amount come occasionally.

There was a great buzz about the clubhouse in anticipation of the day ahead. The arts and crafts group had set up an exhibition of their work in the administration and most of our visitors could not believe how talented our members were.

Our resident chef Kate was in charge of the ingredients and composition of the mulled wine itself and it seems to have gone down a treat.

My mother for one tasted and approved the mulled wine and despite the fact a Central Stores order arrived at the height of the activities the whole day went off without a hitch and it is a case of roll on next year.

**Clive C**



### **Foster**

One day sixteen years ago, my mother, and brother David, went to the Kildare animal foundation to get a new dog after the death of Lassie, our dog of ten years. They had planned on getting a small dog, but a dog walked over to them, sat in front of my mother and gave her the paw. A few days later, the animal foundation van dropped Foster, who was six months old to our house. As the van drove away Foster sat on our doorstep and watched the van drive off happy to have a new home. Foster settled into his new home, marked his territory, and nearly gave my mother a heart attack, climbing up on the wall. It took me a while to get Foster used to the lead. For sixteen years, me and Foster walked the roads of Kildare town. Foster hated wet days, and Halloween, but he loved his food. A few years ago, my brother Richard got a dog called Lucky who I mind most weekends. Lucky and foster became the best of pals. Last Thursday evening, I came home from the clubhouse to find Foster on the kitchen floor, he could not get up, and his hips were gone. On Saturday morning I took Foster to see the vet. The vet told us there was nothing he could do for Foster, old age had caught up with him, so with broken heart. I gave the vet permission to put Foster to sleep, as I cried my eyes out. For sixteen years Foster brought love and joy into our house. He was a gentle soul who was full of love. Rest in peace, old pal.

**Philip F**



Have you checked out our blog lately? Stay up to date with all clubhouse activities

<https://platinumclubhouse.wordpress.com>

### ***January Birthdays***



James C, John M,  
Damien O' T, Fidelma C, Luisa G,  
Michael O' M, Adam M, Siobhan D, Barry  
Mc K, Mary F, Kevin H & Edward M

## **New Years Day**

The first day of January is always the beginning of a new year exactly a week after Christmas Day. It is usually a cold day of the year as it appears in January. It is a time of New Years resolutions on changing habits or giving up things that are not good for you. It is also a time to look back on events of the past year on what we did and where we went on holidays. We look back on events on the news that happened throughout the year and figure out how they will impact on the New Year. Snowdrops grow around January and if the children are lucky it will snow and they will not have to go to school. For farmers, the cattle are still in the sheds so they still have to be fed silage and nuts. The birds don't fly away as they used to because of the climate change that has changed the weather.

**Tommy K**



## **Flat Season**

Now that the flat season has ended and the national hunt has not yet got into the full swing it seems a good time to look at both seasons, The Derby winner has been retired to stud and the form of both Derbies has not really worked out. Minding was probably the best three year old filly. The attendance at a number of racecourses particularly the Curragh continues to fall and this must cause some concern particularly as for the next two years, the season will be curtailed due to development works. Churchill looks to be the best two year old and the most likely to win a classic next year. The National Hunt season has been overshadowed somewhat by the removal of over sixty Jigginstown horses from Willie Mullins yard. Word has it that he has received a lot of new horses to replace them, so I think it will still be hard to unship him from the Champion trainers title again next year.

**Joe G**

## Word search

P	E	D	D	U	P	L	U	P	K	I	P
A	N	I	K	O	P	I	E	C	P	E	L
S	E	C	T	N	I	P	E	E	R	U	C
S	I	P	P	O	E	T	D	A	N	G	K
P	I	K	N	I	P	A	E	P	E	N	C
U	P	C	L	L	U	P	N	I	L	I	U
N	O	I	S	S	A	P	A	E	E	K	P
E	U	P	R	I	P	E	P	L	P	O	D
P	T	O	D	U	O	T	A	C	E	P	K
O	N	S	P	A	R	P	R	E	G	C	G
N	U	T	P	I	E	C	E	R	U	P	I
D	P	E	L	D	D	U	P	E	K	I	P

Paid, Pale, Pan, Pare, Passion, Pat, Pear, Peer, Peg, Pele, Pen, Pet, Pick, Piece, Pig, Pike, Pink, Pint, Pod, Poet, Poking, Pond, Pore, Post, Puck, Puddle, Pull, Punt, Pup, Pure,

**This Months Interview is with**

**Debbie R**

Favourite Meal: Beef, Roast Potatoes and Yorkshire Puddings

Favourite Movie: Dirty Dancing

Favourite Sport: None

Favourite Hobby: Exercise class circuit Training



## *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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