



Awards Day

Our awards day was held on Friday 27th January. The awards were awarded for courses held in the clubhouse and external courses, the courses included wellness recovery action plan, smoking cessation group, healthy food made easy course, self advocacy, efficacy group, art group, epilepsy Ireland, and music in mind. In total 41 certificates were awarded. An enjoyable day was had by all our members and guests.

John F

Inside this Issue:

Page 1 Awards day

Page 2 Calendar of events

Page 3 Grandfatheres Clock

Page 4 Catering Unit

Page 5 Joys of Spring

Page 6 The Gift

Page 7 Word Search / Interview



February Events

1st Feb Bridgets cross making Kildare town

3rd Feb St Bliaises day Kildare Town

Social Activities every Wednesday until 5 pm

14th February Valentine day

22nd Feb Cinema Social

28th February Pancake Day.

February 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Standard & Emp / Edu meeting advocacy group Bridgets cross making In house social	2 Walking Group Publication group	3 Community support Crafts group St Blaides day Kildare Town	4	5
6 Policy Meeting Walking group	7 House meeting Efficacy Group	8 Art Class Standard & Emp / Edu meeting advocacy group In house social	9 Walking Group Publication group	10 Community support Crafts group	11	12
13 Policy Meeting Walking group	14 House meeting Efficacy Group Valentine day Social SPEED DATING 4-5	15 Art Class Standard & Emp / Edu meeting advocacy group	16 Walking Group Publications Group	17 Community support Crafts Group	18	19
20 Policy Meeting Walking group	21 House meeting Efficacy Group	22 Art Class Standard & Emp/ edu meeting Advocacy group In house social	23 Walking Group Publications Group	24 Community support Crafts Group	25	26
27 Policy Meeting Walking group	28 House meeting Efficacy Group Pancake day					

Winter Time Blues

A cold, cold winter breeze we have, a winter that would chill you to the bones. It's our worst time of the year. Everybody hates it, the young because they cannot get out, and the elderly because they fear of falling. Yes it's a long winter and the road seems long, a journey hard to bare, long and tedious

But we are coming to the end of a dead and dreary winter. We can look forward to and hope for spring, as the evenings begin to get a little brighter, and the evening shadows fall all around us. It's a time of joy, and an uplifting of our hearts as we can hear the singing of the birds in the morning time, the little robin as it perches on the wall, or the birds as they forage for food.

Soon we'll be doing a spring clean of our house, our gardens and everywhere there will be a tidy up. Let's not forget our resolutions of the year. Some keep them, while for others it's very hard. And so as we journey into this year, we hope for a good year of peace and understanding of ourselves and for our youth of today. Our hope for them is a world filled with work, education, and room to change our world for the better. They are to-morrows future.

Frances H



Grand fathers Clock

My clock stands on the kitchen wall
Made of mahogany wood still and fine
Tick Tock, tick tock its hand fall
Always telling us of the proper time
The second hand spins round and round
Never failing while on its way
A comfort to hear its very sound
Cleary shown time of the day

My clock I can always depend
And never ever seems to fail
In a busy room people spend
A clock to last and tell its tale
A time keeper of the routine day
Standing there for all to see
At 12 midnight alarm bell ring without delay
Telling night has come to be

In the kitchen children eagerly play
With fantasy of clock standing by
In wonder they have much to say
While the clock ticks they don't know why
All the kids there can only assume
A magic clock right in their company
Its gentle sound fills the room
Standing so many years meant to be.

Paddy M



Traditional Pancakes



What you need:

- 125g/4oz Odlums Cream Plain Flour
- Pinch of Salt
- 1 Egg
- 300ml/½pt Milk
- Oil for frying

How to:

1. Sieve flour and salt into a bowl.
2. Make a well in the centre of the flour, break in the egg and add about a third of the milk. Beat well, gradually pouring in the rest of the milk and drawing in the flour to make a smooth batter.
3. Pour batter into a jug and allow to stand for about 30 minutes.
4. Brush a pancake pan or frying pan with oil. When the pan is hot, give the batter a stir before pouring a thin layer onto the pan.
5. Fry until golden brown. Turn and fry the other side until brown also.
6. Stack pancakes on a large plate, as they are cooked.
7. Fill with fresh fruit and drizzle with maple syrup, or choose one of our other delicious sweet or savoury fillings below. Enjoy!

Tasty Filling Suggestions

- Dust with Shamrock Golden Caster Sugar, add a squeeze of lemon juice, roll up and serve
- Drizzle with Rowse Honey and top with Shamrock Pecan Nuts or Chopped Almonds
- Fresh fruit served with natural yoghurt and whipped cream
- Stewed apples, flavoured with cinnamon and a dollop of fresh cream
- Top with chocolate spread or Shamrock Chocolate Chips and a scoop of ice-cream
- Diced chicken with salsa sauce
- Cottage cheese and sliced pineapple

Joys of Spring

February comes and the first
crocus

Then the tulips and daffodils
appear

Foals and lambs frolic in the
fields

March then brings later
flowers

Colour is in the trees,

Seeds are sown

Gardens and fields are green

April's lengthening days,

Heat is in the air

Spring gives way to summer.



Joe G

Bowling Social Wednesday 25th Jan

About 14 of us set out from the
clubhouse to k-bowl in
Toughers for an afternoon of
fun, and that it was.

As we settled in the game
began. Three groups of 4- 5
people. We spent the next
hour knocking over skittles,
having great banter, lots of
laughter, chitchat, and High
Fives, the hour was not long
passing by. Then it was off to
get some food as there were a
lot of hungry people needing to
be fed. There were chips,
chicken nuggets, sausages,
paninis and drinks. So at the
end of the day the best thing
about the bowling day out was
the company, the taking part,
and most of all the fun we had
together.

Fidelma C

The word "blog" is written in large, colorful, 3D block letters. The letters are pink, green, orange, and blue.

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

<https://platinumclubhouse.wordpress.com>

February Birthdays



Joe B, Colm S,
Paul K & Patricia K

The weddings

Bernadette and Laurence were married. They worked together and were made redundant. Laurence then spent most of his time drinking and smoking. He used to take money out of the redundancy money. It wasn't long until Bernadette noticed this, so she froze the account and put the money into her own.

Laurence could no longer take money out of the bank, so he started borrowing money of a friend and neighbour Nicholas. Sometimes he couldn't afford to pay it back. He might pay some of it but not it all.

Nicholas got engaged and could no longer loan him money. Laurence couldn't pay his debts. Nicholas had to do without the money. It dawned on Laurence about Jacqueline, who was new to the area and wealthy. He would do a line with her; get engaged and call things off at the last minute, when he had money. Less than three months later they were engaged.

They were in the local pub discussing the wedding one night when Margaret who lived in the same neighbourhood heard them, but said nothing.

The following day she called to Jacqueline's and told her Laurence only wanted money to drink and smoke and that he was already married. The next time she met him was the last.

Never borrow and lend.

Patricia D



The Gift

Roddy got off the phone in the hall and came into the kitchen where little Elisha was doing her homework. Roddy stood and said O my God it has happened. There has been a car crash. A head on smash mother and father are still trapped in the car. It happened at the south inns roundabout in all those road works, Patrick was hurt as well, broke his arm. Good job he was wearing his seatbelt. Elisha stopped what she was doing and started to cry. Roddy could do nothing but wait for more information. It came in a phone call to say that mother had been released and was been taken to hospital with a broken leg and arm many cuts and bruises but father was still trapped in the wreckage. Roddy felt useless there was nothing he could except comfort Elisha. They decided to dress up against the cold and take a taxi to the hospital where Patrick and mother were being treated it was twenty miles away took them half an hour. Patrick had been x-rayed and plastered he was able to chat with them though still in shock. Mother was in intensive care not ready for visitors. The police arrived to take a statement from Patrick, he recalled the car waiting its turn at the roundabout when a car came the wrong way at speed, it was a head on smash. He was thrown sideways in the impact and broke his arm, Roddy put an arm around him and Elisha at least they were safe.

Father's situation was dangerous the fear of a fire was always there, the engine and gearbox had been smashed into the cockpit on top of his legs. The roof had been cut off the doors too, the left leg was badly smashed only the artery holding the leg together, both his legs were badly broken and an arm, flying glass had cut his face and chest, he was delirious from pain it had taken two hours to cut him out of the car. A helicopter was waiting to take him to a specialist hospital where the recovery would take months.

Roddy and Elisha were allowed in to see mother she was resting after been cleaned up, the leg and arm were waiting for plaster after the x-rays, she would need pins in her leg it was going to be a slow recovery. Mother said to ring Helen who was the eldest daughter and have her come home to look after them. They would have to go to school as usual. Helen was waiting for them when they got home they had travelled with Patrick in the ambulance, Helen had a warm hug for Elisa and said it's bedtime. Helen looked after Roddy Elisa and Patrick for the next three months.

I went to visit Jim and found him on traction he was very miserable, wanted his left leg amputating, the pain was immense. While I was there a jeweller arrived to visit Jim with two trays of eternity rings, the idea was to send them over to Margaret also on traction for her to choose a ring. I took the rings and was delighted to be able to help, obviously in pain herself, the tears streamed down her face with happiness with such a lovely gift and thoughtfulness by Jim

Paul C



Word search

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

Sack, Sad, Sage, Sail, Sake, Sand, Seal, Seat, Seed, Seek, Sent, Set, Sick, Sigh, Sight, Signs, Sink, Sip, Soak, Soar, Sod, Sold, Son, Sore, Suds, Suit, Sun, Sung, Sunk, Sure,

This Months Interview is with

Tyca R

Favourite Meal: Beef Stew

Favourite Movie: Mary Poppins

Favourite Sport: Athletics

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.

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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