



Accolades and Celebrations

We are delighted to announce our success in achieving our 3 year accreditation. We received the email on Wednesday the 15th of March and the news was announced at the morning meeting on Thursday the 16th of March. The news was greeted with rapturous applause by all members and staff. We earned this accolade by all our hard work. We were all united as a team with one goal in mind and we achieved our three year accreditation with a lot of effort and determination. We never gave up until we reached our goal.

Our Saint Patrick's Day Celebration was a double celebration as we celebrated it and our three year accreditation.

The clubhouse standards are still our guidelines and code of ethics.

This is a quote from the letter received from the Executive Director of Clubhouse International.

"Congratulations on the considerable work this achievement reflects. Most especially,, thank you for the example set by Platinum Clubhouse, as a quality International Clubhouse based on the Clubhouse Standards".



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April Events

5th Walk and Cup of tea
4pm-6pm

13th Remembrance Day in Clubhouse

14th Good Friday
Clubhouse Closed

17th Easter Monday
Clubhouse Closed

19th Book and Music review
4pm-5pm

26th Bowling 4pm – 6pm

April 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 Policy Meeting Walking group Standards Review	4 House meeting Efficacy Group	5 Art Class Standard & Emp / Edu meeting Advocacy group	6 Walking Group Publication group	7	8	9
10 Policy Meeting Walking group Standards Review	11 House meeting Efficacy Group	12 Art Class Standard & Emp / Edu meeting Advocacy group	13 Walking Group Publications Group	14 Good Friday Clubhouse Closed	15	16 Easter Sunday
17 Easter Monday Clubhouse Closed	18 House meeting Efficacy Group	19 Art Class Standard & Emp/ edu meeting Advocacy group	20 Walking Group Publications Group	21	22	23
24 Policy Meeting Walking group Standards Review	25 House meeting Efficacy Group	26 Art Class Standard & Emp/ edu meeting Advocacy group	27 Walking Group Publications Group	28	29	30

Today I got my old woman's hands

As I, Melanie, sat to pose for the photographer I was delighted with the results. My hair, a light auburn, was cascading down my shoulder and face with curls on either side. I felt I had a Marilyn Monroe look. My face, small but oval shaped, suited my frame. I was 5'3 inches tall, to be precise and my curves felt good.

However my hands were my best features. They were long and slim, well manicured with a touch of red nail varnish. I always took great care of them. As I'd hold out my hands to be shaken I would gladly show them off with my well manicured nails. I took great pride in them, daily, gently massaging hand lotion on to them and it paid off. Soft and delicate, I'd gently massage body lotion and moisturiser on to my hands and it paid off.

And so it was with apprehension I entered my boss's office. I was taken aback when he said my modelling days were over.

As I looked closer at my hands I saw they were not smooth & silky anymore, nor elegant and graceful. Rather, they were haggard and drawn out, with lines & veins coursing through my fingers. And if I was honest with myself I had to realise and face facts that my modelling days were over.

Life does not remain still for anyone, however my ageing hands remind me of the different stages of my life I have gone through, and I'm proud to say I love them, regardless.

Hands that soothed and reared my children, and worked hard down through the years. For today, I got my old woman's hands.

Frances H



Beside the Sea

I have a room full of collectables gathered from the tide line. Many an early morning I would walk the beach, finding all sorts of treasure, sea shells, egg cases from the sharks, bottles of all description, beautiful stones and pebbles, smooth after years of washing, back and forth in the tide. We even had three whales stranded on the beach they were forty foot Sperm Whales. They were too big to help into deeper water, so they died, and were taken away on low loader transport lorries. We often see seals in the shallows and sea birds oiled up unable to fly. It's a busy place for people interested in preserving nature. We have the nature land gardens and pools near by they nurse baby seals and sea birds back to health and then release them back into the wild. We make our own ice cream so we get many visitors to the house on their way to the beach. We have a boat to catch cockles and mussels. They are cooked and sold. We put out night lines before the high tide to catch codling and other fish that stray inshore. Plaice and lemonsole are caught in the nearby estuary. The wonderful seaweed Samphire grows in abundance along the marsh. We harvest that in August and September. The cod comes close in shore during the winter time. The beach casters will stand all night in the hopes of catching nice fresh fish. Such a place is idyllic, but has certain dangers. You have to know the tide times and the weather so you don't get trapped on what started out as an adventure and a wonderful experience turning into something catastrophic. The RNLI do a marvellous job patrolling and recovering those who get into trouble. Many lives have been saved along the beach. We stripped the workshop one bad winter and built a twenty foot boat for the spring. The plans came from Saudi Arabia. It was designed to be unsinkable. We built a trawl net to go with it. I towed it out to the sea with the farm tractor. We had a lot of fun out on the sea fishing and cruising. I do miss the house beside the sea and all that went with it.

Paul C



March Socials



Old Woman's Hands

Today I got my old woman's hands I realised making my morning cup of tea. This stopped me in my tracks as I began to reflect upon what each line, freckle and scar meant. A line for all the sleepless nights spent hushing the twins to rest. A freckle for all the long summer evenings spent without a care. A scar for every kitchen accident or scooping the kids up when they scraped their knee. Calluses on my finger tips, from stitching back together ripped pants or outgrown shirts. I smiled with pride and sipped my tea admiring my old woman's hands.

Emma H



Easter

Easter is in many ways my favourite time of year. After the long dark winter, spring brings a brighter time, with garden and crops being sown in the fields. Foals and lambs and calves are playing in the sunshine. Flowers are in bloom and later flowering varieties are being sown again.

Easter comes, new life is everywhere, and while Christmas is probably a time of greater celebrations, the dark days of December tend to remind one of people who have passed away and if the weather is favourable, Easter reminds you of the bright days of summer that are not far away

Joe G



Healthy Food made easy

I attended the above course in the Clubhouse. The course lasted for six weeks. The food pyramid and recipes were most informative. Each week we made a different dish and my favourite was the banana muffins. Fifteen people attended the course which was held in the dining room, and at the end of the course each of us received a certificate. I found the course tutor Teresa was very helpful and obliging

Phyllis S



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

<https://platinumclubhouse.wordpress.com>

April Birthdays



Gordon Q, Mary S, Michael T, Pierce O'C,
Paul C, Aodhan O'D, Niall O'F, Angela O'K,
Collette D, Michelle F,

Wonderly Wagon

As a child the first thing I heard in the morning was the birds singing when I woke up. We lived in the countryside in a place called Cherryville Cross. Now we had to move house as the home we lived in was owned by C.I.E and my parents wanted to own their own home so we got a council house in Maryville in Kildare Town. I was eleven years old and all my childhood was spent living in the countryside I had a brother Richard aged 8 and David in the pram. My parents loaded all our belongings into a van to take them to our new home. We arrived at our new home in Maryville I was overjoyed to discover I would have my own room, our new home had three bedrooms, a kitchen, a toilet and a sitting room. We had a nice garden at the back and front of the house. While my parents got settled in I discovered there were other children living in our estate. For the first time in my life I had other children to play with. That evening all our neighbours came in to welcome us to the estate. The first night in our new house I slept like a log. Soon I made new friends and became a townie now 47 years later I am still living in the same house my dad is dead R.I.P, my mother is in Lourdesville Nursing Home my brothers David and Richard have their own homes. Neighbours have come and gone down through the years as have a few dogs and budgies. They say a man's home is no castle but it is a place that has given our family much love, comfort and security over the years.

Philip F



Fishing

As I sit beside the stream
Gurgling gently over the stones
My mind floats as the leaf downstream.

The fishing rod leans against the tree
Waiting on my decision
I will need to steady myself with tea.

A bar of silver lies on the ground
With the sea lice still fresh
A finer sight hard to be found.

Oh! the thrill of it all remains
The fight between us two
One victor highlighted by bloody stains.

Quickly I get the fly out
Trying not to take too long
This magical fish is not Salmon but Sea
Trout.

Gently I support its weight
And move it forward and back in the water.
Hoping against hope that it might swim yet

Then it's gone, with a splash or two
God's wonderful creation – nature
Now I have time for a cuppa or two.

Tom W



Easter Cupcakes with Nests

Ingredients

- 300g/10oz Odlums Self Raising Flour
- 225g/8oz Butter (room temperature)
- 225g/8oz Shamrock Golden Caster Sugar
- 2 Eggs (room temperature)
- 1 teaspoon Odlums Baking Powder
- Few drops Goodall's Vanilla Essence
- 4-5 tablespoons Milk
- Buttercream Icing

- 125g/4oz Butter (room temperature)
- 225g/8oz Icing Sugar, sieved
- Few Drops Goodall's Vanilla Essence
- Few Drops Goodall's Colouring (optional)

Method

1. Preheat oven to 180°C/350°F/Gas 4. Line bun tin with baking cases.
2. Beat the butter and sugar together until light and fluffy. Gradually beat in the eggs, milk and the vanilla essence. If mixture starts to curdle, add a little of the flour.
3. Gently add remaining flour and sieve in the baking powder, mix to combine. Place spoonfuls of the mixture into the baking cases and bake for 15-20 minutes until firm to the touch.
4. Remove from the oven and leave on a wire tray to cool.
5. Make buttercream by beating the butter, icing sugar and vanilla essence together until smooth and creamy.
6. If desired, divide the icing into separate bowls for each colour you want to use, gradually add colouring and mix well until required colour is achieved.
7. Pipe or swirl icing onto each cupcake.
8. Make chocolate nests by adding broken shredded wheat into the melted chocolate, shape into a nest, leaving a hollow centre. Allow to cool. When cold put some mini eggs into the nest.
9. Top cupcakes with chocolate nests and mini eggs. Happy Easter!

Chocolate Nests

- 125g/4oz Chocolate, melted
- Shredded Wheat
- Mini Eggs
- Mini Eggs



This Months Interview is with

Patricia K

Favourite Meal: Roast Chicken with Roast potatoes and vegetables

Favourite Movie: The Quiet Man

Favourite Sport: Don't watch any Sport

Favourite Hobby: Reading and walking



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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