



Cycle against Suicide

Newbridge Patrician Boys School was chosen for a stop over for a country wide cycle rally. The town was decorated with orange balloons and banners all along the high street. Shops helped with window dressings. Carmel D, Frances H, Noel C and Paul C had a stand at the front hallway of the dining hall. We gave away green ribbons and spoke to interested people about the Clubhouse. There were several hundred people in attendance and the boys and girls put on entertainment for the crowd. The stage was alive with music, singing and dancing. It was thoroughly enjoyable. The cycle started in Dublin, took in Dundalk, Belfast, Roscommon, Galway, Limerick, Fermoy, Thurles, Carlow, Newbridge and finished in Dublin.

Sunday 23rd April to Saturday 6th May. Congratulations to all who took part in a very well organised event.

Paul C



Inside this Issue:

Page 1 Cycle Against Suicide

Page 2 Calendar of events

Page 3 Learning in Life

Page 4 America, Blue suitcase in the hall

Page 5 Gone in 60 seconds, Michael J

Page 6 Green ribbon events/ Kevin B visit to Clubhouse

Page 7 Wordsearch / interview

June Events

5th June Community information day

7th June June Fest

14th June Out & About; picnic & nature walk

21st June Special 70th birthday for Lydia

28th June Employment Dinner

June 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Walking Group Publication group	2 Discussion Group	3	4 June Fest
5 Policy Meeting Walking group	6 House meeting Efficacy Group	7 Art Class Standard & Emp / Edu meeting Advocacy group	8 Walking Group Publications Group	9 Discussion Group	10	11
12 Policy Meeting Walking group	13 House meeting Efficacy Group	14 Art Class Standard& Emp/ edu meeting Advocacy group	15 Walking Group Publications Group	16 Discussion Group	17	18
20 Policy Meeting Walking group	21 House meeting Efficacy Group	22 Art Class Standard & Emp/ edu meeting Advocacy group	23 Walking Group Publications Group	24 Discussion Group	25	26
27 Policy Meeting Walking group	28 House meeting Efficacy Group	29 Art Class Standard & Emp/ edu meeting Advocacy group	30 Walking Group Publications Group			

Learning in Life

Here I am on a journey at a ripe old age and loving it. It has been a lifelong experience for me where I have fallen many times only to pick myself up again. There has been many a twisting road and bends along the way and wondering what direction to take. Yes, it has been a hard one for me, but along with everything I've learned, empathy and love were two of them.

We learn through each experience we go through in life. We get many knocks also, but so does everyone. No one escapes. Everyone has a story to tell. We learn to accept what happens to us, and move on and change. We learn not to dwell in the past too often, or think too much into the future but live for the present which can be very difficult for us.

If we love ourselves life can be easier to handle. Sometimes it takes nearly a lifetime to know ourselves, and we may feel we've wasted many a year. However, we strive for happiness, success and love. Love makes the heart go round, and if we have empathy and compassion for people then I feel we've learned a lot. We learn to have respect for each other and for ourselves and the rest will follow.

Frances H.



My Saviour My Club

Hi my name is Martina D I attend the Platinum Clubhouse in Newbridge.

I have been a member for a number of years now and I can honestly say I see the club as my second home and both staff and members my extended family.

I feel so safe and relaxed here and most of all not judged . I am accepted for who I am and I feel appreciated for who I am . When I try to help someone it is seen as its meant that its from my heart and not as interfering or been noseey .

I know that I would not have got through the last few years only for the love and support I have received from both staff and members in the clubhouse .I am and my family are forever grateful.

Yes like all communities we have had our ups and downs and differences but we always end up working them out and are stronger and better for it.

Hand on heart that the club and its staff and members have saved my sanity and my life and I thank you all for that God Bless.

Martina D



America

Catherine had twins outside marriage. She couldn't keep them and hold her job. Her parents were dead, so she couldn't get them to babysit.

She got them christened Catherine and Caroline, took their photograph, and gave them up for adoption. She regularly thought of them and looked at the photograph.

Later she had a boyfriend, but when she told Ian about the twins, he said he didn't agree with sex outside marriage and they split.

She then got another boyfriend, whose name was Desmond. She was afraid to say anything to him, about the twins, in case he would leave her.

They got married and had five children-Susan, Anne, David, Owen, & Siobhra.

When the children were still at school, Desmond died.

Catherine could then tell the children, about the twins.

They all tried looking for them, but had no luck.

Susan & Anne went to work in America when they finished school.

Two workmates of theirs looked very like them and their mother.

They asked them if they were adopted and where they were from.

They said they were adopted and from Ireland, but they knew nothing else although they had been looking.

Susan and Anne said nothing. They rang their mother that night.

She went to America and was able to confirm she was their actual mother.

A short while later they all arrived in Ireland. The family were all together for the first time.

Patricia D



The Blue Suitcase in the Hall

As I heard the kids in the back garden I knew they were talking about their grandfather. It was his last day at home in the house as he was preparing to go to the old folks home in town. He didn't mind this as he didn't want to be a burden on us as he thought to himself as old people do at times. But the hardship of having him around was increasing all the time, like falling out of bed during the night and helping him to the toilet at times as well. He was growing increasingly senile which could be dangerous around the house. The kids were going to miss him I thought to myself for he used to tell them stories and play with them at times as well. I felt guilty by sending him to a home for he was my father who sacrificed everything for us which wasn't easy at times and being a diabetic wasn't easy for him either. He worked hard for us all his life and used to take us for drives around the country too. He made sure we had the best of everything as well. The blue suitcase waited in the hallway with his possessions in it and as he came down the stairs in his best suit he took one last look at his home before he embarked on his journey on his final home. He hopped into the car with my wife and children and we drove off to town to the old folk's home. As we got there we took a look around the place to see what it was like and my father liked it immediately to see people in his own age group. He seemed happy to be there and I and my wife seemed to be happy for him, for he was in the best place possible for a man in his condition. He settled in immediately and I and my wife would visit him every night to see how he was getting on. There were plenty of activities to keep him going there as well so he was in good form.

Tommy K



Gone in 60 Seconds

The Clubhouse met up for a games evening on Wednesday 3rd May. We split into two teams to play a game. It's a bit like charades. You throw a dice and pick a card which has five subjects written on it. We took it in turns to describe what was written on the cards. Many a guess was made as the sands of time were running out. The teams were James P, Sheena H, Michael T, Paul C, Tommy K and Teresa A(R.I.P.), Clive C, Joe C, Carmel D Noelene M, Ailish F.

It was a very enjoyable hour.

Paul C



Michael Jackson

Have you ever decided to
Look in the mirror and say wow
It aint no crime, to have a good time,
You say when, we say now, wow
wow

Reminds us of Michael Jackson life
The most loveable friendly man of
all

His legacy and his Tony Genius all
staple

Play his music from the Whitehouse
To the Kremlin to the dail.

Niall D



Teresa A

R.I.P

Sadly missed by Members and Staff of
Platinum Clubhouse

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>

June Birthdays



***Brian K, Debbie R, James B, Niall D,
Brendan D, Annette O'N, Lydia F,***

Green Ribbon Events



LGBT TALK



Kevin Brady Visit to Platinum Clubhouse

WORD SEARCH

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

Face, Faces, Facing, Fade, Faded, Fading, Fail, Failed, Failing, Fair, Fairy, Faith, Fake, Fall, Fame, Fan, Fancy, Far, Fare, Fared, Farm, Farmed, Farming, Fast, Fasten, Fasting, Fat, Fault, Favour, Favourite,

This Months Interview is with

Frances H

Favourite Meal: Roast Pork, Roast Vegetables & Roast potatoes

Favourite Movie: Gone with the Wind

Favourite Sport: Walking

Favourite Hobby: Creative writing and 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 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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