



## June Fest

Newbridge has been alive with the festival celebrations. Platinum Clubhouse has been busy supporting the events. We went to the opening night and experienced a wonderful session by Christy Moore. The beverages flowed and everybody got into the swing of the occasion. There were events all over town. The next one we went to was the Saturday Cottage Market. The cake stall sold out in a short time. The scones, homemade, were lovely. The fruit stall had fresh strawberries to try. The event was very well supported.

Bank Holiday Monday we gathered together for the community expo in the Town Hall. All the organisations came to show what they did in the local area. Hundreds of people passed through and the ten members from the Club gave away Newsletters and literature. It was the perfect way to show ourselves to the public.

On the Wednesday 7<sup>th</sup> June, we went to see an exhibition of photographs by Vincent Brady. Views of Newbridge in the 1980s. We then had tea and cakes at Bradbury's. It was thoroughly enjoyable. One of our members, Ursula C, was singing in the Town Hall with opera musicals and old favourites. That was Sunday June 11<sup>th</sup>, it was very well attended. There are all sorts of concerts around the town, storytelling, walks and rambles. The people of Newbridge can be very proud to have a festival like June Fest. It's a celebration of all that's good in our community, music, theatre, literature, visual art, heritage and the environment. It was very well supported by local business and the general public joined in with great enthusiasm.

Paul C



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## July Events

**5<sup>th</sup> July** G A A Day 4-5 pm

**12<sup>th</sup> July** Luisa's Party  
**19<sup>th</sup> July** 18<sup>th</sup> Anniversary of  
Platinum

**25<sup>th</sup> July** Annual BBQ?

**25<sup>th</sup> July** Tommy K's

**50<sup>th</sup> Birthday**

## July 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>3</b> Policy Meeting Walking group	<b>4</b> House meeting Efficacy Group	<b>5</b> Art Class Standard & Emp / Edu meeting Advocacy group	<b>6</b> Walking Group Publication group	<b>7</b> Discussion Group	<b>8</b>	<b>9</b>
<b>10</b> Policy Meeting Walking group	<b>11</b> House meeting Efficacy Group	<b>12</b> Art Class Standard & Emp / Edu meeting Advocacy group	<b>13</b> Walking Group Publication Group	<b>14</b> Discussion Group	<b>15</b>	<b>16</b>
<b>17</b> Policy Meeting Walking group	<b>18</b> House meeting Efficacy Group	<b>19</b> Art Class Standard & Emp / Edu meeting Advocacy group	<b>20</b> Walking Group Publication Group	<b>21</b> Discussion Group	<b>22</b>	<b>23</b>
<b>24</b> Policy Meeting Walking group	<b>25</b> House meeting Efficacy Group	<b>26</b> Art Class Standard & Emp/ Edu meeting Advocacy group	<b>27</b> Walking Group Publication Group	<b>28</b> Discussion Group	<b>29</b>	<b>30</b>
<b>31</b> Policy Meeting Walking group						

## Picnic by the river

It was a lovely day for a walk in the park down by the riverside. The breeze was fresh. The water was clear and running fast. The fish were taking fly. A heron with its undulating flight met us on the first bend and we saw many pigeons. They appeared to be feeding in the bushes. We enjoyed a long slow walk through the Linear Park. The trees had been decorated with knitting of all descriptions. It was very colourful. We sat at one of the bench tables for our picnic. Mary's cakes were delicious. A fisherman ambled past looking for a rising trout. He picked a spot near the watering hole and tried his luck. A heron was also fishing near us. He stood stock still waiting patiently. The dipper sat on a rock in midstream and the wagtail tried to share it. The swallows were busy taking fly all along the river and a swift came through taking a drink as it went by. The yellow iris flagged their pretty yellow heads where the river runs deep and the greenfinch settled on the path to take a fly just near us. That was a well attended social outing taking in a nature walk with the lovely picnic.

**Paul C**



## JOKES CORNER

Old lady from Belfast was going to London for the first time. She was worried how she'd get on in such a big place. She was told they'd be very good to her.

"Just tell the conductor on the bus where you're going", said her daughter. The conductor on the bus she got on was a Sikh, an Indian with the halo on his head. He was so good to her and showed her the street she wanted and so on.

The old lady said, "Thank you very much sir, you are so kind and I hope your head gets better soon."

Little Mary: "Our neighbours must be poor"

Mother: "Why do you say that?"

Little Mary: "You should have heard the fuss they made when the baby swallowed 5 cents"

"He's a typical politician", said the golfer at the nineteenth hole. "You know, I think he uses those big words so people won't know what he's talking about. He's afraid that if people knew what he was talking about, they'd know he didn't know what he was talking about."

The enthusiastic new teacher asked her class to write an essay about a wedding. One girl's final sentence was "The bride wore a lovely dress and carried a bookie."

**Patricia D**



## Time for Healing

Its time once again to put away all the books for the studying is now over. Plenty of sunshine and vitamin D is what the body requires along with fun filled days as we allow our bodies to rest and relax.

Yes, it's holiday time for each of us to enjoy. Let's try to show a bit of love and peace towards one another and take healing in the weeks ahead as we try not to think of the atrocities in London.

We need to be able to see the good in our youth today and help and trust them to grow up to be well adjusted teenagers in this troublesome world. For we need to be patient and listen to our young.

We are too easy to judge them and blame them for not being responsible enough, but we must remember what we are putting out there for them. We say they have everything and have the best education we never got. What we need to do is to be there for them, to understand and help them, and most of all to love them.

**Frances H**



## MY GARDEN

I reap my fortune of fertile soil.  
Growing vegetables with pride  
A garden full of my care and toil  
At one with Mother Nature at my side  
Soil being a foundation of life  
Growing flowers and fruit so well  
A garden full of weathered strife  
Its growth only time will tell  
Each seeding grows without fear  
Making my garden look its best  
Winter time gradually comes near  
Making growth barren to rest  
Spring time comes sprightly free  
With my garden I cherish so  
A busy time of the year for me  
Sowing my seeds row to row  
When my garden is at full prime  
I sit back and admire so  
Fortune of nature been all mine  
As I helped it all to grow  
My garden is part of me  
That is life created by the sun  
My enchanting garden forever to be  
Within you my heart is won

**Paddy M**



## The Month of July

July is officially the last month of summer when the days get shorter and nights get longer by five minutes a week. This is the time when combine harvesters are at work cutting corn and when milk yields decline from milking the cows. It is the time when children are on holidays from school and some of them watch the farmers cut silage for winter fodder. There would be a lot of tractors and silage harvesters as well as large trailers on the roads as well as in the fields cutting silage. July is also the time when families visit the seaside and visitors come to the country on holidays. My fiftieth birthday is on the end of this month.

**Tommy K**

Happy July 4th

blog

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

<https://platinumclubhouse.wordpress.com>

## Gardening in July



- Dead head bedding plants
- Keep lawns mowed
- Dead head roses
- Check daily for green fly, and spray if necessary
- Feed plants and water daily in dry weather
- Keep weeding, and keep borders trimmed
- Feed and water hanging baskets

## Advocacy group

We, the Ladies Advocacy Group, meet every Wednesday at 11:30am for one hour. It is a lovely meeting whereby we are able to talk and voice our opinion on the different subjects we discuss.

Breda, a staff member, is there to welcome us and shares the meeting with us. It is very beneficial to members to know they are listened to and have their say. We all enjoy the hourly meeting.

**Frances H**

## July Birthdays



**Anne M, Joe C & Tommy K**

## Victoria Sponge with strawberries

### **Ingredients**

Serves 4 people.

2 tbsp strawberry jam

110 ml Cream whipped

Strawberries

300g caster sugar

5 large fresh eggs

300g self-raising flour

300g butter

Topping

Icing sugar, strawberries

### **Method**

1. Preheat the oven to 180 degrees C/ gas mark 4
2. Soften the butter and beat in a large mixing bowl with the sugar
3. When this mixture is creamy and fluffy add in the eggs and the flour
4. If you find the mixture is a little tight you can add a dessert spoon of milk to loosen it up.
5. Transfer to two 8 inch tins
6. Bake for 25-30 minutes or until a skewer inserted in the centre comes out clean. Allow to cool.
7. Spread some of the strawberry jam on both sponges.
8. Fill the centre of the cake with freshly whipped cream and sliced strawberries.
9. Dust with some icing sugar and decorate with some sliced strawberries.



## Lydia

*You bring a ray of sunshine to us here in Platinum.*

*The woman with the golden touch, your creations are beyond us, as you draw to your hearts content.*

*And your knowledge of playing the harmonica, is a talent and a rarity that none can compare to.*

*We get joy on knowing you're here with us, today in Platinum Clubhouse.*



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

Alter, Ant, Bail, Bale, Ban, Bann, Boy, Cheap, Cheep, Dye, Eight, Fair, Fare, Gale, Hare, I'll, Knot, Lent, Mail, Male, Not, Ore, Pale, Quiet, Reed, Stake, Tail, Tale, Vail, Vale, Week,

## This Months Interview is with

Phyllis S

**Favourite Meal: Roast beef, mixed veg, mashed potatoes**

**Favourite Movie: Love Story**

**Favourite Hobby: Walking**

**Sport: Soccer Matches**



## 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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