



## Our Trip to the Mines

On Wednesday 12<sup>th</sup> of July we went on a trip to Kilkenny mines in Castlecomer. It was a very hot day and we wore summer clothes and it was the second time I was there as well. We had to be at the Clubhouse at 8.45 am so I was in as early as possible after giving a member a lift from Dunlavin. As the bus came I sat on my own as we went down highways and byways to our destination in Kilkenny. When we got there we all got off the bus and went into the building that housed the film of the history of the mines. It showed us how the mines formed from prehistoric times right up to the present times and all the workers that worked in the mines. It employed six hundred at its peak in the 1960s and the conditions were horrendous but the pay was good by the standards of the time. We then went for a walk around the shops and coffee docks and bought coffee and food as well as going to the animal sanctuary as well to see horses and bullocks. We then went walking around the wild life park which was very long indeed and saw the lakes and rivers.

We then headed back to the bus for our dinner in Langton's hotel which was a long journey indeed. As we got to the city we passed Langton's and went left around the corner to Kilkenny Castle and had to walk down to the hotel. It was a good walk through the city and we finally reached our destination at the hotel. I thought I wouldn't be able to eat anything since I ate an ice cream, chip butty and strong coffee but tucked into a dinner consisting of roast beef, mashed potato, vegetables and sauce and had malteser cheesecake for afters. As we headed back to Newbridge we took the M9 motorway and it was very hot as some of us fell asleep. We got back to Newbridge eventually and got into our cars and went home. Tommy K



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### August Events

**2<sup>nd</sup> August** Visit to Durrow  
Scarecrow Exhibition

**9<sup>th</sup> August** Quiz

**16<sup>th</sup> August** Kildare Farm  
Foods

**23<sup>rd</sup> August** Out & about  
trip

**30<sup>th</sup> August** Employment  
Dinner

## August 2017

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

## Leinster Final

All Ireland champions, Dublin, made light work of the Kildare challenge to win an unprecedented 7 Leinster Championships in a row. Nobody gave Kildare a prayer going into the game and so it turned out on the field of play. Kildare finally losing by a yawning 9 points. The game was quickly put to bed by Dublin after 17 minutes when they scored 2 goals in as many minutes, a deficit Kildare were never going to bridge. Kildare now enter the qualifiers with a game against Armagh, a game they should win with the prize for the winners an All Ireland Quarter Final Match.

Pierce O'C



## Racing Season

As I write this just after the Irish Derby, it seems the status quo remains the same with Coolmore winning all the top races and the rest going backwards. Churchill has brought off the Guineas Double and winter has done likewise in the fillies equivalent.

Wings of Eagles won the Epsom Derby and finished third to his stable companion Capri in the Irish Derby. All were trained by Aidan O'Brien for the Coolmore partners. The two year old from Ballydoyle seems to be winning a lot of races for Ballydoyle.

I seem to be of two minds whether the racing should have continued at the Curragh during renovations. As the facilities and numbers admitted do not stand up to International levels for top courses. While the course itself is top class. It is difficult to agree with John Magners assertion that top English and French trainers would not run their horses in it. It wasn't on the Curragh given that they already have runners at Leopardstown, Naas and Navan to name just three other courses.

Joe G



## Time Spent Well

The days, weeks and months are passing by quickly. Summer is upon us and all too soon we'll be into Autumn. We look all around us at the glory of nature, and God's creation. It's a splendid world if we take time out to see and enjoy it.

Now is the time to be with the children as it's holiday time for them. They need lots of encouragement to go out and into the fresh air and a gentle breeze blowing. If we look around us there's lots we can teach them, ie. to be confident and have fun outdoors, by going on a nature walk or even a picnic in the park. There's also the swimming pool which they love.

However, they grow up quickly and so too do we all. If we love them we'll teach them the values in life, to love and respect one another, and they will bring it with them in later life. It's a great lesson in life, and we will find they will enjoy the little things in life better than anything money can buy. They will cherish the time we spent with them.

Frances H



## Our 18<sup>th</sup> Anniversary

Many fruitful years have come to be  
As we celebrate our 18<sup>th</sup> Anniversary  
So now it is our time to celebrate  
At an occasion worthwhile and great  
We celebrate on the 19<sup>th</sup> July  
Just look at how quickly time passed by

A time to reflect on times past  
Now the special time has come at last  
Clubhouse, a right to a place to come  
To work and also have much fun  
Many relationships to behold  
While all the years swiftly fold

To carry on the work order day  
Where each member has their say  
A mighty party come it's way  
And have much fun this very day  
A time we all look forward to  
With a special time best we knew

For what else is Clubhouse about  
A time to enjoy without a doubt  
To realise Clubhouse is for all  
With manager Carmel at our call  
So here's to the future, we say  
When we all celebrate this very day

Paddy M



## Our Annual B B Q

Last Tuesday we had our annual BBQ and Sean Power as usual was splendid with the cooking. We were blessed with the weather and we were able to enjoy the BBQ in the open air.

We played a bit of background music and Seamus D entertained us with his dancing. Tommy K had a 50<sup>th</sup> Birthday and we had a cake to celebrate. We then launched our booklet and a group of us that are in the publications group performed a sketch which was very entertaining.

A number of people like, Susan D, who used to take courses here and Margaret W, our manager from head office attended and we had a great day. Our thanks to Sean P for giving us the BBQ again this year.

Joe G



## Difficulty in getting a job

After spending one year doing an E T B course, and working 3 days a week

The employer was very keen to have me working there but when the course finished I was told they could not afford a wage for me. I, on my last day did not even get a good luck card, or a thank you.

Never doing work experience again. Its getting harder and harder to get suitable work out there and the government are not doing enough for the long term unemployed.



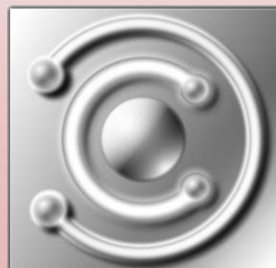
Tony K

## Platinum Clubhouse 18<sup>th</sup> Anniversary 2017

Platinum Clubhouse was the first Clubhouse to open in Ireland.

We recently obtained our three year accreditation valid until May 2019. We are all delighted with our accreditation as we worked hard to get it.

We opened in 1999 and this month we celebrate our 18<sup>th</sup> Anniversary since opening. We had a celebration day on the 19<sup>th</sup> July 2017 to mark this occasion. Members & staff enjoyed this celebration.



Sheena H & Catherine D



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

<https://platinumclubhouse.wordpress.com>

## August Birthdays

Ailish F, Tom L, Bernard K,  
Robert C, David R, Michael B,  
David D, Catherine D, Jonathan D,  
Laura McD,



## Recipe for rhubarb & ginger jam

### Ingredients

- 750g (1½lb) rhubarb, trimmed and cut into 2½cm (1in) lengths
- 625g (1¼lb) granulated sugar
- 2 lemons, squeezed
- 1½tbsp finely chopped root ginger

### Method

Combine all the ingredients in a non-metallic bowl. Cover, then set aside to allow the flavours to mingle for 3 hours (at room temperature), or chill overnight.

Put the mixture in a large saucepan. bring to the boil, then leave to simmer for 7-10 minutes. To check if the jam is ready, spread a teaspoon of the mixture on a chilled plate and allow to cool slightly; the surface of the jam is at setting point if it wrinkles when pushed with your finger.

Divide the jam between three sterilised jars and seal while the mixture is still piping hot.

**Tip** Rhubarb and **ginger** make a great pairing but you could substitute the ginger for finely grated **orange** zest, a split vanilla pod or just make a simple plain rhubarb jam, if you like.



## *A Day to remember*

### *A daytrip to Castlecomer & Kilkenny*

*We all gathered for a nine o'clock start. It was a lovely morning weatherwise and we left Newbridge via the scenic route, Kilcullen and Athy. It was a pleasure to see the livestock enjoying the sunshine. An old cat lay in the bedroom window sunbathing. The horses were rolling in the dust and the old bull snorted I disgust as the calves skipped round the paddock. There was even harvesting going on. On arrival we split up to enjoy the amenities. Some went on a walk round the lakes, others went to explore the craft shops. Two groups went into the Coal Miners experience. It was very interesting viewing the prehistoric birth of the coal fields, the flora and fauna of the day and the animals that lived in the swamp conditions. Many archaeological finds were made in the excavations. The coalminers at one time numbered six hundred in the deer park mine. It even had a train system. We gathered for the group photograph and then took the bus into Kilkenny and found a place to park. It was a long slow walk into Langtons, we had a beautiful room to ourselves and the meal was fantastic. The service was exceptional. The bus driver joined us for the meal then we made our way home via the motorway. It was a very good enjoyable day out. Everybody seemed to make the most of it but we did miss Theresa A, her company was sadly missed.*

*Paul C*

P	R	E	S	E	E	O	T	E	L	T	S	I	M
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P	E	R	E	C	I	P	E	I	B	E	E	R	T

Baby, Ball, Bethlehem, Born, Child, Christ, Cold, Crib, Day, Dinner, Drink, Eve, Evening, Family, Feast, Gifts, Holly, Home, Hulle, Hug, Jolly, Lights, Morning, Night, Pantomime, Present, Recipe, Tree, Mistletoe, star

## This Months Interview is with

### Noeline M

**Favourite Meal: Roast chicken, baked potato,cauliflower**

**Favourite Movie: Pretty Woman**

**Favourite Hobby: Walking and talking, listening to music**

**Sport: Tennis, cycling**



## About Platinum Clubhouse

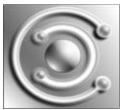
Clubhouse is a member run and centred service, where every individual has something valuable to contribute to the clubhouse and to society at large, irrespective of their diagnosis or level of function.

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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