



# Platinum Clubhouse

Volume 19 Issue 1  
January 2018

## NEW SBRIDGE



We have had a great 2017 with lots of new members and new events happening, we hope that 2018 will be just as exciting and it will see Platinum Clubhouse expand and go on to bigger and better things

In 2017 we welcomed two new staff Catherine and Margaret; this has been a great asset to us as a Clubhouse because at times we struggled due to lack of staff and our great ideas sometimes needed more resources.

Congratulations to Catherine on her new baby.

We are a very strong Clubhouse because of our members and Staff and everyone's commitment to the Clubhouse model, 2018 will be a year of preparation for our accreditation in 2019.

We have a very strong commitment to our employment and education programme and we want to congratulate all the members who have secured employment and kept their jobs in difficult times, we also have a huge number of members who have taken part in our education programme in house and in the community, our awards day is on Friday 26<sup>th</sup> of January and we will celebrate all our member and staff successes then. Please talk to the people in the employment and education unit if you are interested in employment or education.

We have a lot of members who commit to working in the catering unit each day and this is recognised by the fabulous meals served. We appreciate all the hard work in this unit.

Our Admin and reception area are always busy units with a big number of members working in this area our newsletter and all the attendance, invoices and general admin could not continue without the high standard of work in this unit. Our reception area is a hub of activity with inreach/outreach and a welcoming smile for everyone.

I don't normally do this but there was a space available and I wanted to take this opportunity to thank my members and staff for their commitment and for all the people in the Clubhouse and in the Community who help and support us in our journey.

**Thank you everyone Carmel**

### Inside this Issue:

**Page 1** Happy New Year.

**Page 2** Calendar of Events.

**Page 3** The New Year /  
January Blues / Christmas  
Party at the Osprey.

**Page 4** Carribean Cruise  
/Harry Ford

**Page 5** Number Search /  
Maintenance Update

**Page 6** Mr Winter /  
Employment, Education &  
Community

**Page 7** Recipe

### January Events

2<sup>nd</sup> Jan Reopen for 2018

10<sup>th</sup> Jan Social Walk and Tea

11<sup>th</sup> Jan Education  
Information Morning

17<sup>th</sup> Jan Music and film  
review

24<sup>th</sup> Jan: Cinema/Bowling

26<sup>th</sup> Jan: Awards Day

31<sup>st</sup> Jan: In house Quiz

# January 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Policy Meeting	2 House Meeting Efficacy	3 Art class Standard & Emp / Edu Meeting Advocacy	4	5 Discussion	6	7
8 Policy Meeting  Dance and movement in Naas	9 House Meeting  Sensory Garden Project	10 Art class Standard & Emp / Edu Meeting Advocacy  Evening social	11  Publication	12 Discussion	13	14
15 Policy Meeting Dance and movement in Naas	16 House Meeting	17 Art class Standard & Emp / Edu Meeting Advocacy  Evening social	18  Publication	19 Discussion	20	21
22 Policy Meeting Dance and movement in Naas	23 House Meeting  Sensory Garden Project	24 Art class Standard & Emp / Edu Meeting Advocacy  Evening social	25 Publication	26 Discussion  Awards Day	27	28
29 Policy Meeting Dance and movement in Naas  2	30 House Meeting Sensory Garden Project	31 Art class Standard & Emp / Edu Meeting Advocacy  Evening social				

## The New Year

Another year is over and all is well  
Just look forward to the times ahead  
The future only time will tell  
where many new dreams are said  
Peace and harmony be to all  
For all the young and old  
The good Lord be in our call  
While all the days swiftly fold

May children live in harmony  
In a world bright and gay  
Only time will set us free  
Where everyone will have their say  
Let prayer inherit in our hearts  
And pain be comforted to be  
And while our very soul departs  
Live in a world of eternity

New reasons will inherit this earth  
And we will all see the light  
Each child prosper from birth  
And the world will feel more right  
When the festive season over and gone  
And the New Year then begin  
May all our world be as one  
And love within us all to win.

Paddy M



## January Blues

The day felt long. Annette was lost in herself, her thoughts going back to the last few days. Where had all that magic gone, the festivities were over.

Now it seemed her life stretched ahead of her, nothing but another month of a cold and wet depressing January.

Her mood was sombre, not even the January sales could lift her. Here she was all alone, no one to share her depressing day, even the dog walked away from her. She had to give herself a talking to and remind herself it was ok to feel like this. Soon it would lift and her life would take on a new meaning for her

The sun would shine again, and she would be happy again, for even though we may feel lost in ourselves with Christmas behind us, we can always remind ourselves tomorrow is a brand new day. Life changes, we can move on to a brighter future for ourselves and for our families.

Frances H



## Christmas Party in the Osprey

On Wednesday 13<sup>th</sup> Dec we attended the annual Christmas party run by the Kildare West Wicklow Mental Health Association in the Osprey Hotel in Naas. The food and service was top class and the music provided by Sean Reddy was excellent and a number of those present danced to it and had great enjoyment. The raffle was also very good and some people won nice prizes. All in all the entire event was a credit to everybody who organised it, and I for one am already looking forward to next year's event.

Joe G



## Caribbean Cruise

Keeping a secret can be very hard, especially from family. That's what I have to do in order to remain at home.

It started when I went on a Caribbean cruise on my own to Mauritius. I had been on my own and was working far too hard. The offer of a cruise seemed the ideal solution.

As I boarded the ship and said farewell to my family I settled back to a fortnight of bliss. Wining and dining every day and meeting new people was glorious. It was while I was sitting up on deck having a drink I felt a pair of eyes watching me. As I looked up I could not but smile back at the dark handsome man. It felt good and even more so when he came over and asked me to have dinner that evening.

I was on cloud nine and seventh heaven for the rest of the cruise as we got to know one another. He was Greek and very attentive, as we took in the sunshine of Mauritius.

Needless to say I fell in love with him during our time together. I could not tear myself to leave him as our holiday was drawing to a close. He promised me we would always be together.

I was besotted by him and as we were on our last evening I got a bit merry. He said he needed to get some money but I foolishly gave him my bank number and card. I waited and waited for his return but he did not come back. I started to panic as I only knew his first name. Seeds of doubt crept in my mind. I did not even know his cabin number.

I tried to find him but to no avail as there were too many on the ship. I cried myself to sleep and as we landed I realised all I have left is a photo to remind me of how I had been so foolish to fall in love on a Caribbean cruise.

**Frances H**



## Harry Ford

Once upon a time there lived a man called Harry Ford. Now Harry had everything in life that any man needs to be happy, a good job with the HSE, a wife with the figure of a model and two perfect children a boy and a girl, Perry and Stacey both at college. Stacey wants to be a doctor while Perry wants to be a Chartered accountant. But Harry is not happy he wishes for more out of life. Harry's job with the HSE takes him out of the country a lot. One night Harry is sitting in a bar in Peking watching the go-go dancer's on stage when a man he is drinking with asks will Harry deliver a package to a man in Dublin and he will get €75,000 for doing this. At the mention of €75,000, Harry's eyes light up and he tells the man he will do it, no questions asked.

Here is the news Mr Harry Ford from Howth in Co Dublin, was found guilty in the central criminal court of smuggling drugs into the country. Judge Kelly told Harry before he handed down a sentence of 20 years with 5 suspended, you are a greedy man who had it all in life, a lovely family, a good job yet you wished for more and in doing so you lost everything. The judge told the guard, get him out of my sight. Before I change the sentence to death by hanging.

Philip F



**blog**

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

<https://platinumclubhouse.wordpress.com>

## January Birthdays

James C, John M,  
Damien O' T, Fidelma C, Luisa G,  
Siobhan D, Barry Mc K, Ronan B,  
Kevin H & Edward M



## Number Search

1	0	9	3	3	2	7	0	7	4	2	4	7	8
5	1	4	8	0	1	5	2	4	3	0	3	3	3
8	7	0	7	4	0	4	3	5	8	4	5	0	7
9	6	2	0	3	5	3	8	8	7	8	8	2	8
3	0	3	4	5	8	5	9	4	0	7	9	5	0
0	2	5	5	7	2	9	7	6	3	9	3	4	3
4	1	4	3	8	4	7	3	7	6	3	7	8	9
8	6	8	2	9	7	4	0	8	5	1	4	7	8
3	7	7	8	2	8	0	9	5	4	0	6	1	1
0	9	3	7	3	9	2	6	6	9	4	5	5	6
1	8	0	0	0	3	6	7	4	8	7	1	9	7
7	5	1	9	4	1	9	3	7	7	8	2	8	8
4	3	4	8	7	5	7	1	8	2	5	0	5	5
5	0	5	6	5	7	5	0	9	6	3	3	7	0

035897, 054853, 094377, 120671, 143348, 178476, 215647, 254871, 287739, 329875, 369057, 398167, 410378, 456307, 490483, 513987, 549662, 597641, 630783, 657509, 689078, 710384, 753403, 795072, 817578, 843298, 894563, 917847, 951784, 978402,

### Maintenance Update

Maintenance news roundup for 2017

Following the January project last year, the installation of loft insulation, there was the usual maintenance issues that come with a building.

We wish to give thanks to those we have dealt with in this regard, our colleagues in the maintenance department of Naas Hospital (James and his team), Century Park Management Co. (Martin and his team) and also to the various contractors who have supplied services.

Among the highlights of the achievements were the complete internal repainting of Platinum Clubhouse along with approval for a new shutter and replacement of the floor covering on the ground floor. The shutter is now installed and fully functional and we are in the process of organising the laying of the floor covering.

The Clubhouse community can feel somewhat safer as the building benefited from a Fire Alarm upgrade organised through Brian (Fire Prevention Officer HSE) and Masterfire.

## Mr. Winter

Heres to you Mr. Winter  
On this cold and dreary day  
What is all your weather for  
Have I not got a say  
You will storm up the clouds  
Bring burden to us all  
Drench all of the crowds  
With rain or sleet to fall

You will frozen up the puddles  
In one and mighty freeze  
Life is no more of cuddles  
With many a flu and sneeze  
Much winter clothing to keep us warm  
From harsh rain or snow  
Awaiting Spring to adorn  
In which we much long so

Hope to cope with this season  
We know there's no choice  
Mother Nature has its reason  
Even though times not that nice  
No matter what way winter be  
It is out of our control  
And between you and me  
It really hits our soul.

Paddy M



## Employment and Education and Community

This January we will be organising the Awards Day Ceremony which we hope will take place on the 26th January.

We hope to keep the yoga session going for the New Year. Members are enjoying the yoga and feeling fit and energetic for the New Year.

If members have any suggestions or information on courses commencing for the New Year please let the employment unit know. In the New Year we are looking forward to new employment opportunities and keeping busy.

Thank you to Newbridge Resource Centre for hosting the lovely Christmas lighting ceremony and the lovely Christmas Carol Service. We really enjoyed the evening and are looking forward to the choir resuming on 12<sup>th</sup> January 2018.

The sensory garden project is going slowly on account of the weather but it's starting to take shape. It will resume again in the New Year.

We are holding an education information day for new courses on 11<sup>th</sup> of January

We hope to get involved in our community knitting group and knit some pieces for the Yarn Bomb for June Fest.



## Butternut Squash & Lentil Curry

### Ingredients:

1 tablespoon rapeseed oil  
1 small onion, chopped  
½ butternut squash chopped  
1 tablespoon curry paste  
300ml vegetable stock  
100g chopped tomatoes  
50g red lentils  
100g whole grain rice  
40g 3% fat natural yogurt



### Method:

1. In a pot of boiling water, add the whole grain rice and cook until light and fluffy.
2. In a wok, heat the rapeseed oil, add onions and cook for 5 minutes.
3. Add butternut squash and mix with onion. Then add the curry paste and stir. Now add the tomatoes and stock and mix together.
4. Add lentils, then bring the mixture to the boil. Reduce heat to a simmer and cover for 25 minutes.
5. Serve the curry in a bowl, add rice and top with low fat natural yogurt on top.

## 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.



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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**

