



NEWSBRIDGE

World Mental Health Day 10th October 2018

WorldMentalHealthDay is observed around the world on **10th October** every year and this year the focus will be on young people and mental health in a changing world.

It's time to take a stand and draw worldwide attention to the issues our youth and young adults are facing in our world today and begin the conversation around what they need in order to grow up healthy, happy and resilient.

Imagine growing up in our world today, constantly battling the effects of human rights violations, wars and violence in the home, schools and businesses. Young people are spending most of their day on the internet – experiencing cyber-crimes, cyber bullying, and playing violent video games. Suicide and substance abuse numbers have been steadily rising and LGBTI+ youth are feeling alone and persecuted for being true to themselves. Young adults are at the age when serious mental illnesses can occur and yet they are taught little to nothing about mental health.

Every single one of us will experience tough times in our lives.

YourMentalHealth.ie is a place to learn about mental health, and how to mind yourself and support the people you love. You can find mental health and related support services near you, and learn about the #littlethings that can make a big difference to how we all feel. You can also listen to real life stories; find events nationwide; and share your tips for feeling well. YourMentalHealth.ie is brought to you by the [H.S.E.](#), the [National Office for Suicide Prevention](#) and partner organisations across the country.

On the tenth of October it will be World Mental Health Day and we will be marking the occasion here in the Platinum Clubhouse with an open day. We will be exhibiting some of the things we do here in the Clubhouse. There will be a show of arts and crafts that have been produced by the members. These crafts range from knitting and sewing to painting and drawing. There will also be pieces from our very talented members from our creative writing group. We will be inviting all members of the community to our event and we are hoping for a big turnout, it's going to be a great day!



Have you checked out our blog lately? Stay up to date with all clubhouse activities <https://platinumclubhouse.wordpress.com>

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October Birthdays

Frances H
Rose N
Ursula C
James M
Phillip F
James K
Noel M
Sheena H
Desmond D
Mary C
Tony K
John F
Brona P
AL O'N



October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 Policy Meeting Community project Personal Effectiveness	2 House meeting	3 Sensory garden Art Class, Advocacy, Standard & Emp/Edu Meeting, Social Weight management	4 Publications Menu Planning	5 Discussion Creative Wellbeing
8 Policy Meeting Community project Personal Effectiveness	9 House meeting	10 Sensory garden Art Class, Advocacy, World Mental Health Day Standard & Emp/Edu Meeting, Social, Weight management	11 Publications Menu Planning	12 Discussion Creative Wellbeing
15 Policy Meeting Community project Personal Effectiveness	16 House meeting	17 Social Sensory garden Art Class, Advocacy Standard & Emp/Edu Meeting, Social, Weight management	18 Publications Menu planning	19 Discussion Creative Wellbeing
22 Policy Meeting Community project Personal Effectiveness	23 House meeting	24 Social Sensory garden Art Class, Advocacy Standard & Emp/Edu Meeting, Social Weight management	25 Publications Menu planning	26 Discussion Creative Wellbeing
29 Public Holiday Clubhouse closed Personal Effectiveness	30 House meeting	31 Social Sensory garden Art Class, Advocacy Standard & Emp/Edu Meeting, Social Weight management		

October Socials 2018

Wednesday 3rd Harvest Festival

Wednesday 10th World Mental Health Day

Wednesday 17th Mini Golf

Wednesday 24th Cinema / bowling

Wednesday 31st Halloween Party

Unit Updates

Education & Community Employment

We have been successful in securing a TE site at Centra. There is an ongoing talk around the job description e.g., the start date

A new course has commenced at Platinum. "Creative Well Being" is the course being run on Fridays.. This will provide members the opportunity to get in touch with themselves and tips on self-care.

Another course will be on Mondays. It will be 8 weeks duration and called "Personal Effectiveness". This course will develop skills such as assertiveness, communication, presentation skills, looking forward to a good attendance.

On-going work is being done for World Mental Health Day and members are using their creative skills in making decorations and a presentation board.

We look forward to this event to showcase what valuable work that is being done in Platinum. We hope to see many of our employers & education providers.



Community, Social Events and Healthy Ireland



Bowling Social 19/09/2018

A group of members plus two staff went bowling. It was a lovely bright autumn evening. We all had some fun then we had some refreshments. We had a great laugh and it was great fun. I really enjoyed going bowling.
Enda C

On the eighteenth of October we will be starting a class called Music in Mind. We have done this class before and it was very successful. This time the course will be focused on Christmas songs. We are looking forward to this!

Sensory Garden Coffee Morning

On Wednesday 26.09.18 a group of seven from Platinum Clubhouse attended the information session held in Newbridge Family Resource Centre, outlining details of their proposed new sensory garden. The event included tea and coffee and lovely buns and cakes and cookies etc. However, the main focus was the **Social Inclusion** aspect of the garden project. And it is indeed a project, an ambitious project even. It measures 34 metres by 34 metres, with trees, shrubs, grasses and varying textures, representative areas and so forth. As a sensory garden, it ticks all the boxes colour and shape to reach out to the sense of sight, perfume for the sense of smell, herbs and fruit for the literal sense of taste and the actual design and integrated shapes appealing to a different sense of taste. The use of grasses and seed pods, bamboos and other moving parts brings in the sense of sound.

Finally there is the sense of touch and here the group have really surpassed many expectations. Drawing on the knowledge and experience of a number of those involved who understand more than most the limitations of living with a visual challenge has informed a rich vein of tactile gardening. Even models were built - miniature versions - to allow these individual members further involvement and thus listen to their suggestions for improvement. Well done to all involved and many thanks for the lovely morning, best wishes going forward.

Tom W

PS: the coffee was yum!!!

Catering Unit

History of Halloween

Halloween originated with the ancient Celts. It is an Irish tradition predating St. Patrick by more than 300 years. The Celtic Fire Festival called Sam Hain marks the end of the Harvest period & the beginning of winter. The friendly spirits of loved ones were welcomed home at this time of year & nuts & apples were offers as enticement.

Fresh Apple cake

3 cups of all-purpose flour
2 cups of sugar
3 large eggs
1-half a cup of vegetable oil
Half a cup of apple juice
Teaspoon salt
½ a teaspoon of mixed spice
1 Vanilla bean split & scraped
3-4 cups of walnuts finely chopped
4 apples, peeled & finely diced
Tsp baking powder

Irish Whiskey Caramel Sauce

1 cup of sugar
¼ cup of water
2 cups of double cream
2 tablespoons of butter
¼ teaspoon of sauce
¼ cup of Irish whiskey

Method

Pre heat the oven to 170 degrees centigrade
Grease & line loaf tins
Mix sugar, eggs, vanilla seeds until smooth
Stir in apple juice
Sift flour, salt, baking soda & mixed spice
Add the flour mixture to the sugar mixture & stir well
Stir in the walnuts & apples
Pour the batter into the tins
Bake for 90 minutes
Let it cool & stand on a wire rack

Method

Bring the sugar & the water to the boil
Stir until sugar is dissolved
Bring to the boil until golden
In a separate saucepan add cream, butter & salt
Cook until butter is melted.
Add the cream mixture to the sugar liquid
Return to low heat & simmer, stirring constantly
Add whiskey & stir well. Leave to cool

The Abbey Ghost

By the Abbey Bridge many rumours be
Of a silvery ghost of a lady crossing seen
By passers-by sworn in surety see
A reality to them and not a dream

She crosses the bridge on a dark late hour
Falls into the rushing weir and disappears
I tell you all your mind to over power
To believe the truth and dim your fears

On a peaceful summers night should be aware
A haunting brings suspicion to my mind
This story the truth to me I share
Do not get a fright of any kind

A lady tormented we don't know why
So many times she crosses this bridge at night
How many times does she have to die
Falling every time into waters a dismal sight

All I ask of you all is to believe
Of the story I tell you in my mind
Many have seen this ghost to receive
And not a fantasy of a kind

In St. Raphael's Abbey by the River Liffey flow
As children we swam by the sluice in fun
So many Summer adventures we undergo
In our fantasy world our hearts won

My friends have captured this ghost with their
very eyes

It is up to yourself, my story I convey
Just go there and be much more wise
And you will see this ghost of what I say



Paddy M

Garden Tips

Plant garden bulbs, e.g., daffodil, crocus, snowdrop, tulip.

Treat the ground for moss.

Prepare the ground. If you need to, plant a new hedge.

Sow some winter pansies.

Empty your pot plant container & put same away for next year.

Don't cut your lawns too low!



Bowling Social

On the 19th of September 2018 we went bowling in K-Bowl. We went with 2 staff, Tom and Yvonne. We were on 3 different teams; there were 15 people 5 on each team. The professionals on one and the beginners on 2 different teams... I was on with a few other members. There was great fun had by all. Then after the bowling we went into another room, where there was chips, chicken, pizza etc., and drinks of tea/coffee and minerals which we had ordered and paid for before the bowling had started. Great fun was had by all.

By James P



Members Fiction

Autumn Glory

The nights are drawing in now and the weather is changing rapidly as the cold winds and rain start falling. The trees are changing their colour soft bronze to golden hue, some falling by the wayside, it's a time to sit in front of a fire, relaxing perhaps, or just watching the embers burning.

Some like to read a book as it is a good way to while away the hours or just take up knitting or crochet, or even start a course and learn something new.

Lots of events take place around the country and there is a lot to do on the farms. The Ploughing Championships draw people from wide & far. It's a great day out for everyone.

People get ready for Thanksgiving Day, whereby some churches get decorated with lots of fruit and some people bring in vegetables and potatoes in thanksgiving for the good harvest they had. Baskets of colourful leaves are put on top of the windows which is lovely to see.

It's also a time for Halloween & bonfires or trick or treating. Children love to dress up and go out and see what they can collect from door to door. They may sing a tune or two and get goody bags of sweets. Usually they go out with parents or adults.

It can be a dangerous night for animals as they get very scared due to the fireworks that are set off. There is a lot of partying and people get dressed up where there is a first prize for the best dress.

It's a lovely time of year to go out walking and see the colours of nature. I feel Autumn is my favourite time of year, a time to enjoy all that God gave us.

Frances H



The red & yellow shoes

The woman with the red shoes barged through the mourners to the graveside & threw a single red rose onto the coffin as it was lowered into the ground. She turned & scowled at the gangster's wife dressed in yellow shoes. They were aware of each other's role in the gangster's life. The gangster's moll, the wife, had the backing of the crowd & could command the removal of the girlfriend in the red shoes but the green plane that kept sweeping over the crowds of well-wishers distracted her. It was a garda drone photographing the many criminals there to pay their last respects. The priest had done a good job with the service for it was difficult to say anything good about the gangster. His reputation carried far & wide. His death would lead to gang warfare without a doubt. Two of the gang were armed & they would have shot the green plane down if the lady wished it. The priest once again gave his condolences to the woman in the yellow shoes and she placed an envelope into his hand. "I hope this generous donation will help your church", she said.

The lady in red shoes spoke to no one as she moved through to the carpark. The beautiful Mercedes coupe was hers, a gift from you know who. Two policemen followed her out into the road; they needed to interview her promptly as she may have information on her lovers' wishes after his death. The woman in yellow shoes ushered the children, a boy and a girl, into the stretch limousine & were whisked away to the family gathering. The police collected their plane to start processing the long list of mugshots they had collected.

Paul



Number Search

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

054700, 084526, 089226, 110158, 154967, 198748, 241720, 263450, 298035, 308922, 324056, 398051, 420353, 449458, 489876, 528926, 543625, 570884, 607362, 643971, 663722, 740724, 789102, 793465, 822684, 854944, 896587, 960297, 974015, 994833,-Yes Yes

This Months Interview is with Ailish C

Favourite Singer/ Actor

Mrs Brown Boys

Favourite Season

Summer

What's the first meal you ever cooked

Rashers, Sausages & fried eggs

Favourite Holiday

Lourdes

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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