



NEWSBRIDGE

World Mental Health Day

It was a very successful day at Platinum. The weather was good and that was a bonus. Everything went well. Our day was highlighted on local radio.

Event was well organised and an outstanding success.

Visitors were pleased with what they saw. It gave people an awareness about mental health. They all got a flavour of what life was like inside the doors of Platinum.

Pre nursing students stated they were very enlightened as to what went on in Platinum and left Platinum with a positive awareness of mental health. Members thought it was a great idea and it worked well. A steady flow of people came from 10am to 2pm.

It was great to see two public representatives here from DáilÉireann and some present and previous employers and hopefully prospective employers, family members and friends, representatives from third level colleges, leaders from local offices and churches and a reporter from a local newspaper.



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

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November Birthdays

Gary L
Brid N
Patsy S
John Joe D
Eileen D
Noeline M



November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Publications Menu Planning	2 Discussion Creative Wellbeing
5 Policy Meeting Community project Personal Effectiveness	6 House meeting	7 Sensory garden Art Class, Standard &Emp/Edu Meeting, Social, Weight management	8 Publications Menu Planning	9 Discussion Creative Wellbeing
12 Policy Meeting Community project Personal Effectiveness	13 House meeting	14 Social Sensory garden Art Class, Standard &Emp/Edu Meeting, Social, Weight management	15 Publications Menu planning	16 Discussion Creative Wellbeing
19 Policy Meeting Community project Personal Effectiveness	20 House meeting	21 Social Sensory garden Art Class, Standard &Emp/Edu Meeting, Social Weight management	22 Publications Menu planning	23 Discussion Creative Wellbeing
26 Personal Effectiveness	27 House meeting	28 Social Sensory garden Art Class, Standard &Emp/Edu Meeting, Social Weight management	29 Publications Menu planning	30 Discussion Creative Wellbeing

November Socials 2018

- Wednesday 7th Bowling
- Wednesday 14th Out& About
- Wednesday 21st To be decided/cards?
- Wednesday 28th Christmas shopping trip

Unit Updates

Education & Community Employment

On the 10th of October 2018 we held an open day at the Clubhouse for world mental health day. A big thank you to all of the members & staff for the big effort they made for the day. There was a big turnout for the day which included politician's, educators, students, family & friends. There was very positive feedback from all who attended. Platinum Clubhouse received a very good write up & spread in the Leinster leader. (Our local Newspaper). We also received a wonderful letter from the sensory garden Newbridge Resource Centre, praising the work of Platinum Clubhouse. It was a very enjoyable & successful day for all involved. Platinum Clubhouse made many new connections in the community. Members have been very busy participating in our Autumn education programme. This October saw the start of Music & Mind programme run by the National Concert Hall. This programme will be run over 8 weeks, on the final week members of Platinum and Harvest Centre will host a recital of the Christmas songs they have mastered including funga a lafia, a Nigerian song of welcome. And all of the members are looking forward to the performance.

Other education courses members are involved in the community include mindfulness, W.R.A.P. singing for well being (Newbridge Resource Centre) Choices in Naas, Scribblers in the Riverbank. The internal courses running at the moment are personal effectiveness, publications, advocacy & art.

Community, Social Events and Healthy Ireland

Harvest Festival

The Harvest festival has become an annual event at Platinum over the past few years no doubt we celebrated one in 2018. Lots of fruit and vegetables were on display Many wild flowers + chestnuts + leaves + maize and many flower arrangements. There were also some crafts associated with the harvest time. There was some story telling in the evening from members rekindling the 1960's and 70's. Members talked about how proud farmers and gardeners were of their produce. The story telling was followed by some music. Finally to round the evening off members enjoyed tea and coffee, some home made cookies and buns. A good time was had by all.

Admin Unit



Movie review about the film A Star is Born

On Wednesday 24th October Platinum Clubhouse went to the cinema as a social. We went to see a movie about "A star is born". The movie started at 2.45 and the members left Clubhouse at 2.30 and walked to the Odeon cinema to get some exercise. The movie was about a tragic love story as Bradley Cooper plays Jackson Maine & Lady Gaga plays Ally as she falls in love with a struggling artist. Jackson plays a professional rock star role as he inspires and introduces Ally to the music industry. Ally's relationship with Jackson is difficult as he is an alcohol & drug addict. The following are members reviews;

Paul C "9/10 Excellent film" Frances H "10/10 My type of film I liked Jackson" Carmel "8/10 Loved the music."

James P "10/10 The film started off sad & ended sadder but it was bleeding brilliant"

Debbie " 0/10 I was semi asleep" Brona 7/10 Excellent & brilliant singing" Breda "8/10. I actually thought he would die naturally from alcohol poisoning"

Clive "9 ¾ I thought the film was deadly & people who like going to concerts would enjoy it"

Tara "7/10. It was an interesting film especially to see the private lives of Stars"

It was a good social and most people enjoyed it.

Catering Unit

Winter Warmers

Leek & potato Soup

1lb thick white leeks
¾ of 1 lb potatoes
½ oz fat
1 pint of stock
½ pint milk
Salt & pepper to taste
1/8 pint cream optional

Method

Wash & trim chop the leeks. Peel & chop the potatoes. Melt the fat & cook the vegetables over a gentle heat. Boil the stock, add to the vegetables & cook. When soft blend & season to taste. Just before serving add cream & stir in.

Dumplings

4oz self raising flour
2 oz shredded suet
Salt & pepper
Water to mix

Method

Mix the dry ingredients with sufficient cold water to make an elastic dough. Divide into portions & roll into small balls. Add to the gravy & simmer for 20 minutes.

Classic Beef Stew

2oz lard or 3 tbsps of vegetable oil
2 lb of stewing steak
4 medium onions
12 oz of carrots
2 level tbsps flour
1 pint of beef stock
1 level tbsp of tomato puree
Salt & pepper
2 bay leaves

Method

Melt the lard. Trim the meat into cubes. Fry each batch until browned. Remove and add chopped vegetables and brown. Remove. Sprinkle the flour into the pan & stir well until blended. Add the stock, tomato puree & seasoning until the roux begins to turn light brown. Bring slowly to the boil then add the meat & vegetables & bay leaves. Cover the casserole tightly & cook in the oven at 170 degrees centigrade for about 2 ½ hours. Uncover & stir during cooking. Add dumplings until cooked. Remove bay leaves before serving.

A Hole in One!

On Wednesday 17th November a group from Clubhouse attended their usual social outing. We went to mini golf in Naas. We split into 4 male & female teams and hit the course. There were many holes in one. Teams were very competitive. Afterwards we went to Toughers for a bite to eat. A great day was had by all.

Sinead H



Driving Tips for the Autumn

- Avoid sun glare
- Don't brake on leaves
- Drive slowly on wet roads
- Watch out for deer on roads
- Check your tyre pressure
- Replace your wiper blades
- Check your headlights
- Keep a safe distance from other vehicles
- Watch out for people walking or cycling
- Check your antifreeze.



This Months Interview **IswithTara B**

Favourite Singer/ Actor Florence & the machine

Favourite Season Autumn

What's the first meal you ever cooked
Vegetarian stir fry

Favourite Holiday Canada



Members Fiction

My Job

It was my last day working for C.I.E., a job I never liked. It was not that the work was hard or the people I worked with were bad people but my nerves were shattered. A cat has nine lives. I had used about eight of them dodging trains. I will not miss working in the rain and the snow and it will be nice to have a Sunday off nor will I miss grumpy old sods who give out when a train is late. So good luck C.I.E., hope the Government privatises you soon.



Philip F

A member & a Friend...

He is not a bad old soul generous to a fault. He has a word for everyone and loves a good laugh. Very fond of nature and has a great love of dogs. Easy to talk to, good at writing stories loves a good horse race. His only fault is he still believes Arsenal can win the Premier League and Kildare the All Ireland. Has a Fenian soul and the heart of Casanova and a nice family and good pals in Clubhouse & life. Who is he?!

Philip F



The Witch of Halloween

Her face so frightful and evil be
A sight so peculiar for eyes to see
A scary woman with an evil spell
She comes from the depths of hell
Her nose so crooked with red tongue
Hates to see the children playing in fun
Known as the evil witch of Halloween
The most scary of person to be seen
Above her blind bats for her obey
And the bats heed in all she has to say
Children go frantic when she is about
For she gives them each time an evil shout
For she hates to see the kids in play
And to stop their fun has plenty to say
Her eyes are huge and starkling seen
And she really and truly looks quite obscene
A spooky witch from the land of evil we know
And so many bad thoughts her mind grow
She hates to capture good, gets her down
And lives hidden among the depths her town
In the land of dreams people live in peace
When the witch appears all happening cease
On her broom she travels speedily along
Never realising in life right from wrong



Paddy M

Platinum Clubhouse Open Day 2018



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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