



NEWSBRIDGE

Valentine Party

To mark the occasion on February 14th for the second year running we had a speed dating social.

A couple of the female members Sheena H and Martina D did up a booklet with questions that could be asked by participants if they got "stage fright" and couldn't think of any themselves.

John F and Sinead H were the official time keepers with each date only lasting two minutes.

First off the ladies sat around the dining room with the gents moving around. There was a great buzz of nervous excitement around the building with the odd awkward question added in. Then it was the gents turn to sit in pole position with the ladies moving around.

Some members diligently wrote down the responses they received from the other participants in their booklets but I didn't.

We had a great laugh because at the end of the day it was only a bit of craic.



Clive C

Inside this Issue:

Page 1 Valentine Party

Page 2 Calendar

Page 3 Employment & Education/Community, Socials and Healthy Ireland Social Events

Page 4 Admin / Catering Unit

Page 5 Happenings / Visit to Kildare Farm Foods

Page 6 Kathleen / Spring

Page 7 Wordsearch/ Interview

March Birthdays

Patricia K, Kevin McE,
Patricia B, Patrick F,
Tom W, Catherine F,
Patricia D, Ita S, Peter B,
Paddy C, Ezelle D, Debbie G,
Michael McL

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

March 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Publications	2 Discussion
5 Policy Meeting Dance & Movement in Naas Wellness & self awareness class	6 House meeting Efficacy Sensory Garden Project	7 Art Class Advocacy Standard & Emp/Edu Meeting	8 Publications Healthy eating	9 Discussion
12 Policy Meeting Dance & Movement in Naas Wellness & self awareness class	13 House meeting Efficacy Sensory Garden Project	14 Art Class Advocacy Standard & Emp/Edu Meeting	15 Publications Healthy eating	16 Yoga Discussion
19 Policy Meeting Dance & Movement in Naas Wellness & self awareness class	20 House meeting Efficacy Sensory Garden Project	21 Art Class Advocacy Standard & Emp/Edu Meeting	22 Publications Healthy eating	23 Yoga Discussion
26 Policy Meeting Dance & Movement in Naas Wellness & self awareness class	27 House meeting Efficacy Sensory Garden Project	28 Art Class Advocacy Standard & Emp/Edu Meeting	29 Publications Healthy eating	30 Closed Good Friday

March Socials 2018

07th March Cinema in Newbridge Odeon

16th March (Friday) St. Patrick's Day party

21st March River Walk & Bradburys afterwards

29th March (Thursday) Easter Celebration Memorial

Unit Updates

Employment and Education

Our Healthy Food Made Easy course is going well and has very good attendance weekly. A very successful information talk was held by MABS. Helpful tips and budgeting plans were supplied by MABS.

We're looking forward to the Adult Education Learning Festival which will be held by the KWETB. This year health and wellbeing has been demonstrated through a singing for wellbeing group which many members in Platinum are part of, eg. The Stargazer Choir was formed and their performance of their new song will take place on March 12th.

The Sensory Garden Project was funded by KWETB and well done to staff and members of Platinum who took part in the project. The official launch will take place on Tuesday 13th in the Harvest Centre, Kildare. All members and staff will be attending to celebrate. Well done to all involved.

Community, Socials and Healthy Ireland

Social Events

We met at Jigginstown at the Older Voices head quarters. We are going to be part of the group for social prescription which is a group who will be offering community integration for people 55 and older who are isolated in the Newbridge area.

Carmel John and Frances attended the launch of connecting for Life in the Louis Fitzgerald Hotel at the Red Cow roundabout on Tuesday 20th of February at 7 pm.

It was a very interesting evening where the "Connecting for Life" document for Kildare West Wicklow was launched we listened to many speakers and got a good overview of the document, the main points, are about suicide prevention and how we all have a role to play.

We met many interesting people and talked about our service. It was a very good evening.

Unit Update

Admin Unit

We are working at our ease and pleasure in the Admin Unit. We do the every day duties daily eg. Invoices, attendance input, check the North Gate clock in system to see all staff and members are registered in and out. We do outreaching daily.

We also send cards to various members for birthdays, get well, etc. We are working on the newsletter for March. We are also working on the service plan and Annual Report. We also do the agenda for meetings and we input the

minutes of meeting and file same away.



Catering

Healthy Eating Oaten Buns, a very old recipe

4oz rolled oats	Mix the flour, oats and salt
4oz of wheaten flour	and rub in the butter
1/8 of a tsp of salt	add the other dry ingredients
1 1/2- 2 oz butter	and mix with egg and
1 1/2 -2oz sugar	enough milk to make a fairly
1 tsp baking powder	stiff dough. Divide into
3 tablespoons chopped stoned raisins	12-14 pieces & shape
1 egg	into buns. Place on a greased
Milk as required	baking sheet and bake in a fairly hot oven 15-20 minutes

Taken from Mrs. Beeton's cookery and household management. It is one of the most popular and best selling books in the world.

Paul C

Happenings

They say 'March of many weathers' and it's so very true as we can get very high winds and lots of rain. The weather can be cold and chill you to the bone. Yet we have lots to look forward to, events to plan for.

Lots of children get ready for their Confirmation and First Holy Communion. It's a big day for them and their parents who take a lot of care in planning the day for them. It can be a very costly affair and it needs to be budgeted very wisely, as sometimes it can be a small fortune for parents and a worrying time.

Christenings can take place also at any time, and it can be a wonderful event for family and friends as their baby gets baptised by the Church. Usually, a small buffet may follow. We also have St. Patrick's Day to look forward to. It's a wonderful day for the whole country at home and abroad.

Children love to take part in the events. Music is played, costumes can be designed for the occasion. There is a lot of joy and happiness for all of these events and we feel we are proud to be Irish.

Frances H



Visit to Kildare Farm Foods

At Kildare Farm Foods we had a walking spree along the multiple kinds of food so pleasing for the eyes to see. We had everything from large items of dairy and very tasty goods. You could buy what you want there and the cost of these goods were very reasonable.

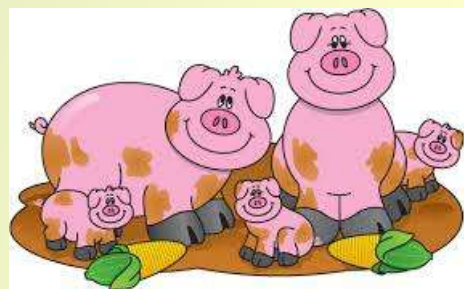
There also was a large café where a person could sit down at their ease and enjoy the tasty foods. Tea and coffee was also available.

After visiting Farm Foods we had a tour outside where we had a close visit to watch all the animals closed in their habitat.

We enjoyed and had great fun noticing the antics of these loveable creatures from the hardy cockerels to emus, camels, deer, ostriches, rabbits and the most enjoyable to me was the mother sow with baby bonifs, only a few days old. Some of the Clubhouse members petted a curious camel with its head just reaching out where it was fenced in. So all the Clubhouse members really enjoyed our tour all around the premises. The weather was ideal for our walk around and we all learned a lot from our experience.

Who could ask for more on our morning visit and we also would love to return again at another day.

Paddy M



Kathleen

Kathleen and Robert were happily married with one daughter who looked after them well. Robert died suddenly. Kathleen and Patricia both took it very bad.

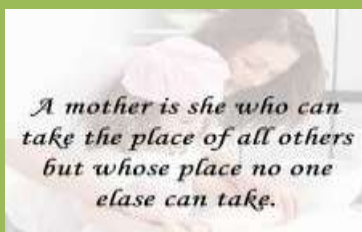
Kathleen hardly ever left the house, except to go to the graveyard or shop. Patricia was all the time at her to socialise.

Patricia was married with three children who missed their grandmother. They seldom saw each other now as she regularly used to visit them. Patricia wanted her to go and live with her but she wouldn't.

Finally she agreed to go to the local nursing home. She loved it there and really took to all the activities and made lots of friends.

Patricia built a new chalet for her Mother without saying anything. When she told her mother about it she refused to move.

Kathleen called over Cormac a man who also lived in the nursing home, and he announced that himself and Kathleen hoped to get married, and as soon as they were married they would move into a double room in the Nursing home with the permission of the proprietor. Patricia D



Spring

I reap my fortune of fertile soil
Growing vegetables are my pride
A garden full of my care and toil
With Mother Nature at my side.

Soil a foundation of plant life
Growing flowers and fruit so well
Each seedling grows with little strife
My reward only time will tell.

Seasons changing from year to year
Making my garden look its best
Winter time gradually comes near
Leaving growth barren and to rest

Spring time comes sprightly free
A youthful time of life to grow
A busy time of the year for me
Sowing my seeds from row to row

When my garden is at full prime
I sit back and admire it 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



WordSearch

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

How many times does the colour GREEN appear here?

This Months Interview

Is with
Debbie G

Favourite Meal: Pad Thai

Favourite Movie: Parent Trap

Favourite Sport Swimming

Favourite Hobbies Reading



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**



Platinum Clubhouse
Unit B1, Century Park
Newbridge Industrial Estate
Newbridge
Co Kildare
Ireland

Tel: +353(0)45433229

Fax: +353(0)45433206

Email: platinumclubhouse@eve.ie

Blog: <https://platinumclubhouse.wordpress.com>

Web: www.kildare.ie/platinum

