



NEWSBRIDGE

A picture of you

A photo of you clearly in my mind,

a precious memory of you for to find,
and in your lifetime you went far,
For inside you area beauty beyond compare,
your perfect face and chestnut hair
Your very face I capture with my eyes,
to be part in your life my heart cries,
But I know you can never ever be mine,
so I only bid you fortune in your lifetime,
May you live happy in all of your life,
guided with fortune without any strife,
Best of fortune in all your endeavours I say,
May you have in life many a sunshine day
I hold your picture firm in my hand,
Once you are healthy all is grand,
I love you for all the beauty you bestow,
and much happiness in your heart grow,
I am just an admirer of your beauty so fine,
and be always that way forever in time,
Trust me I know exactly how your heart feels,
My emotions are strong so vivid and real,
I bid you farewell but for you I care,
If only in life I had your company to share,
I accept I cannot share a life with you,
My heart is trembling for a woman so true,
Bless you lady for the glory of you there,
Your very presence is a joy beyond compare,
Life is short so one should never waste time,
Making the best of the midsummer wine,
I am just a man but with needs I must say,
I will never forget you forever be the day,
Paddy M

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April Birthdays

Gordon Q, Pat L,
Michael T, Derek C,
Caroline Mc K,
Pierce O C, Philip L,
Niall O F, Ann M,
Aodhan O D,
Collette D,
Michelle F,
Richard H,
Angela O K,
Paul C,

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

April 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 B/H (Club closed)	3 House meeting Efficacy	4 Art Class Advocacy Standard &Emp/Edu Meeting	5 Publications	6 Yoga Discussion
9 Policy Meeting	10 House meeting Efficacy	11 Art Class Advocacy Standard &Emp/Edu Meeting	12 Publications	13 Yoga Discussion
16 Policy Meeting Wellness &Self Awareness Class	17 House meeting Efficacy	18 Art Class Advocacy Standard &Emp/Edu Meeting	19 Publications	20 Yoga Discussion
23 Policy Meeting Wellness &Self Awareness Class	24 House meeting Efficacy	25 Art Class Advocacy Standard &Emp/Edu Meeting	26 Publications	27 Yoga Discussion
30 Policy Meeting Wellness &Self Awareness class				

April Socials 2018

4th Crazy Golf

11th Games Clubhouse



18th Out & About

25th Quiz

Unit Updates

Employment, Education & Community

Over the last month we held a MABS and Safe Talk Information days. Members found them very interesting and beneficial. We are organising a new Community Information Talk Panel and a training session will take place on the second week of April. If interested please let the Community Unit know. Music in Mind will recommence on April the 12th in Tus Nua so come along and sign up. Our Healthy Food Made Easy course is now finished. A nutritionist visited the Clubhouse and was available for a question and answer session. We would like to thank Isobel our Tutor for all her hard work, patience and information.



Community, Socials and Healthy Ireland

Social Events

A group of us celebrated international women's day at Costa Coffee on Wednesday. We walked down and enjoyed the laughter and the chat. Inside the surroundings were warm and friendly. We found it a busy place, some of us had coffee others had tea, and a few went for hot chocolate. This year health and wellbeing was demonstrated through singing. We had four members in the Stargazer Choir which was formed to produce a song around homelessness in Ireland in association with the Adult Education Learning festival supported by the KWETB. Their official launch of their new song took place on 5th March and members were invited along to hear it. Congratulations to all involved.



Unit Update

Admin Unit

Lots of members got involved in inputting articles for this months Newsletter, and they were typed up in the Admin Unit. The Annual Report and Service Plan were done this month. We had many meetings around same and minutes of same were inputted by members. Both reports are at draft stage now. Members had a big input into this. Both were typed up in the Admin Unit by members. The Coffee Dock Rota was printed up for the month and displayed for members to see. All the House Meeting agendas are done up in the Admin Unit as usual for the month. Out reaching is also done in admin, Some of the members up date the blog and facebook weekly.

Catering Unit

The Simnel Cake

Simnel cakes have been known since Medieval times. This cake used to be served only on Mother's Day but is now often served on Easter Sunday. Traditional Simnel cake is based on the Shrewsbury version that became most popular and well known. A light fruit cake it is distinguished by two layers of almond paste or marzipan, one in the middle and one on top. Conventionally, eleven or twelve marzipan balls are used to decorate the cake with the story that the balls represent the Apostles.

Mixture as for any fruit cake

White flour 6oz

Brown Sugar 4oz

Butter 4oz

2 Eggs

Fragrant spices, 1 teaspoon

Dried fruits, 11oz

Lemon Zest, 1 level teaspoon of baking powder

1 ½ dessert spoons of treacle

Candied peel

Almond paste

6oz of icing sugar

6oz of castor sugar

12oz of ground almonds

Juice of half a lemon

¾ of a teaspoon of brandy

¾ of a teaspoon of vanilla essence

1-2 egg yolks

Sometimes orange flower water or brandy is used either in the cake batter or to flavour the almond paste. Place ½ the mixture in a 7 inch cake tin. Cover with a thin layer of marzipan. Put in the rest of the mixture. Bake in the oven at a moderate heat for ½ an hour. Reduce heat to cool leaving in the cake 2 to 2½ hours. Leave for 24 hours. Cover the cake with the remaining almond paste and decorate with marzipan balls. Wrap up in greaseproof paper and place in hot oven to brown. When cool, pour glaze icing into the centre of the cake.

Planning for Spring

The months are coming in quickly as April arrives. It can be a very showery month, and yet as we look around us the evenings are stretching. It's wonderful to hear the sound of the birds chirping away in the days as they forage for food. Some people love to feed them.

It's a time when we start planning. The gardens need sorting after the high winds and snow storms which left a lot of destruction everywhere. Leaves are strewn around and rubbish also.

Shores can be blocked easily, dust gathers all around after the burning of coal and log fires burnt during our Winter.

As we look around it's time perhaps to dig out our paints. Outside walls may be due for a coating, gates dusted down and painted.

Lots of people get hanging baskets ready to sow flowers in. The garden takes on a better shape as flowers start blooming. Yes, it's a time when everywhere starts to bloom in all its glory, like us as we come out of hibernation after a long drawn out Winter.

Frances H



St. Patrick's Day Party

At Platinum Clubhouse we had our St. Patrick's Day Party on Friday 16th. It was chilly outside but that didn't stop the members coming in. After lunch we all had a laugh dancing and singing and listening to our Irish music.

There was a refreshment break.

Everyone had a great time and all went home happy.

Enda C



Art Class Tips by James P

Mixed Colours:

Green by Yellow & Blue

Pink by Red & White

Purple by Red & Blue

Grey by Black & White

Orange by Yellow & Red



Sensory Garden gather and grow see feel hear smell taste be

Created at the Harvest Centre over fifteen weeks attended by Paul C, Tom W, Philip F. It is a collection of scrap materials brought together and arranged in such a fashion to create peace and tranquillity. Wind chimes, dream gatherers, bird feeders all add to the atmosphere and ambience.

Scrap tyres were brought in and stacked to form a wall. They were filled with turf and soil and planted up. The timber salvaged from a decking project and was cut into various lengths and shapes to form a palisade wall and we made planters with what was left. Painted them and filled them with soil and plants. The ladies were busy painting the wall and added tiles for good measure. Two robins kept us company through the job. Their singing was joyful. Other birds kept an eye on the food situation. On Tuesday about thirty people gathered for the opening under the title of Health and Wellbeing to cut the ribbon. A thank you speech and presentation of the certificate for attendance to all who took part. There were cream scones and biscuits aplenty provided by the Harvest Centre tea and coffee for all. A gazebo was brought in to take central position. It was decorated and four small planters were made for the corners and planted with climbing plants which will be beautiful in the future. There is a brilliant hotel for the insects, created from wooden pallets, and filled with all sorts of attractive materials. The plants we had put in look well they had survived the snow and bad weather.

Paul C

Platinum Clubhouse through the eyes of a student

My name is Kellie, I am a student on placement from Carlow IT. I am glad I got the chance to work in this area as I didn't know much about mental health. I feel I know a lot more about the different illnesses and more aware of mental health.

I have enjoyed working and talking to all the members. It was fun cooking in the kitchen, working in the reception and the admin with the members.

The socials on Wednesdays were very enjoyable. It was nice going out with the members to the cinema and going for coffee and having quizzes, parties, film and music reviews in the Clubhouse.

Kellie N



WordSearch

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

Alter, Ant, Bail, Bale, Ban, Bann, Boy, Cheap, Cheep, Dye, Eight, Fair, Fare, Gale, Hare, I'll, Knot, Lent, Mail, Male, Not, Ore, Pale, Quiet, Reed, Stake, Tail, Tale, Vail, Vale, Week, Yes Yes

This Months Interview

Is with
Kellie N

Favourite Meal: Steak & chips



Favourite Movie: White Chicks

Favourite Sport: Swimming

Favourite Hobbies: 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**



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

