



## NEWSBRIDGE

### A Busy Week in Newbridge

It started Good Friday with the hanging baskets, four days off from the Platinum Clubhouse time to catch up with some jobs. I picked up rosemary, trailing fuchsia and a tray of pansies. It made a lovely job of the baskets. We then travelled to Baltinglass delivering Easter gifts, I was able to bring back a load of logs from relatives.

There is a piece of grass in the middle of Newbridge where we feed the birds. A combination of bird seed and meal worms hidden in the grass. They have to hunt that way they keep warm, bluetits, sparrows, robin, chaffinch, all enjoy the feast before the magpies, crows and pigeons muscle in. It has been a major feeding point while the cold wet weather is persisting. Sunday morning April 1<sup>st</sup>, we attended the dawn mass led by FR. Paul Dempsey, a good crowd assembled for the six o'clock service. The choir was in good voice and during a two minute silence we could hear the birds singing their dawn chorus and the hum of motorway traffic came clear across the fields. The bible readings were shared, and then mass was taken and then we had tea, it was a beautiful service.

Tuesday 3<sup>rd</sup> of April Clubhouse members attended the Wedding Singer presented by the Newbridge Musical Society at the Newbridge College Theatre. It was action packed from beginning to end. There were wonderful performances both singing and dancing. The part of Granny stole the show with wonderful solo pieces. The show lasted from 8 o'clock to ten forty five each night 2<sup>nd</sup> to 7<sup>th</sup> April. A truly enjoyable show.

First Saturday of the month and the Cottage Market is in full swing in the old Town Hall. Lots of stalls filled the place and a good crowd came in to browse around the items on sale. There was a wonderful choice of cakes and jam, cards and jewellery. There were several woodworking stalls as well.

Sunday morning and we're back at church for the 8.30am mass. It is a glorious sunny morning and the church windows are alive with colour. Father Paul Dempsey led the service, it was very well attended and we all shook hands with him at the church door. A nice way to celebrate the week.



Paul C

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#### May Birthdays

Stephen L,  
Stephen C, Tyca R,  
John Mc G, Helen C,  
Martina D, Paddy M,  
Pat H, Stephen M,  
Wesley C, Carmel D,  
Seamus D, John D,  
Darren L, Mark N &  
Michael P



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

# May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	1 House meeting Efficacy Singing for wellbeing	2 Sensory garden Art Class Advocacy Standard &Emp/Edu Meeting	3 Publications  Music in Mind Smoking session	4 Yoga Discussion
7 Bank Holiday	8 House meeting Efficacy Singing for wellbeing	9 Sensory garden Art Class Advocacy Standard &Emp/Edu Meeting	10 Publications Music in Mind	11 Yoga Discussion
14 Policy Meeting Communication/PD course	15 House meeting Efficacy Singing for wellbeing	16 Sensory garden Art Class Advocacy Standard &Emp/Edu Meeting	17 Publications Music in Mind	18 Yoga Discussion
21 Policy Meeting Communication/PD course	22 House meeting Efficacy Singing for wellbeing	23 Sensory garden Art Class Advocacy Standard &Emp/Edu Meeting	24  Publications Music in Mind	25 Yoga Discussion
28 Policy Meeting Communication/PD course	29 House meeting Efficacy Singing for wellbeing	30 Sensory garden Art Class Advocacy Standard &Emp/Edu Meeting	31  Publications Music in Mind	

## May Socials 2018

2nd May Central grill

9<sup>th</sup> May Music & Film review

16<sup>th</sup> May Bealtaine Festival

23<sup>rd</sup> May In house Story telling & poems



30<sup>th</sup> May Bowling

## Unit Updates

### Employment, Education & Community

Members active in employment and job development is ongoing. There are regular site visits and outreach is done.

We have organised a Drink Aware Information Session at Platinum Clubhouse and are hoping a large attendance will come along.

A community talks Information training session took place to support and train members and staff in giving presentations.

This was a valuable experience and skill and will be used in the future.

The Music in Mind singing group is being attended in conjunction with the Harvest Centre and is being enjoyed by all.

The Eolas Programme has started in Naas and is being attended by members. It is a Mental Health Awareness Programme. Two members have joined this training group and are enjoying the eight week programme.



### Community, Socials and Healthy Ireland

#### Social Events

We at Platinum have started a daily walk for members and staff who have various levels of fitness. This takes place at 11am and all are encouraged to take part.

Yoga is held on Fridays and there is good attendance weekly.

We have started an April Awareness get active awareness programme. Tips and ideas were exchanged and discussed in how to get active.

A Movement to music and dance session took place and was enjoyed by all who attended.

On Wednesday the 4<sup>th</sup> April we went for our social in the indoor mini golf course in Toughers Business Park. We arrived at 4pm and went into the building. There was a good group of us, fifteen in all, so we were split up into four groups. After that we got our putters, golf balls and score sheets and with that we were off!

There were eighteen holes and they had quite a few twists to them. It was a lot of fun trying to get past all of the obstacles. We played for about an hour or so but the time flew by. All in all this was a fun social and we are looking forward to our next round.

## Late Spring

With the extremely bad weather we have had since January, things are looking bad. If the weather does not take up shortly it will be extremely serious for all of us. Crops that should have been sown up to six weeks ago still can not get into the ground. Animals are giving birth to their young in extremely cold conditions and grass growth is way behind average leading to a scarcity of farm feed, with animals having to be kept indoors and no grass in the fields to feed them and anyway, ground would be seriously damaged if animals were turned out. The hard snow of a few weeks ago has also had a serious effect on birds and other wildlife with a lot of the young and weak ones dying as a result of the bad weather.



Joe G

## Catering Unit

### The Herb Garden

It's planting time again, the garden is ready. Margaret and kitchen staff went to Johnstown Garden Centre where we chose some lovely herbs, rocket, red salad leaf, fennel, rosemary, lemon thyme, sage.

Margaret added parsley to the list and Paul C, Phillip F, Noel C went down and planted them in. After watering and sweeping in we came back to the Clubhouse for a lovely dinner.





## Swan

Mother hen with head stern  
Cygnet flow merrily along  
Little creatures much to learn  
Guided constantly with chirpy song

Sunshine days water ripple free  
Guide loved ones on their way  
Cob swan stern eyes see  
Giving family as safe a day

Lovingly nurturing all their own  
In safe a conduct as can be  
One day soon be fully grown  
Such a grace fly away free

Swans of white silken feathers glow  
On a dismal pond a family  
Soon take flight so far away  
Gone forever to be free.

Paddy M



## The Wedding Singer

The musical The Wedding Singer was a very enjoyable musical. The cast were very active and the songs came fast and furious. It told the story of a wedding singer who was going to get married and whose fiancé ditched him at the altar. A financial whizz kid was also engaged and the wedding went to work for the financial wizard could not handle the trickery and skull-doggery that went on there. He eventually wound up marrying the financial wizard's girlfriend. It was a fast action enjoyable musical which I would recommend.

Joe G



## "Remembering"

Tom felt very uneasy returning to his childhood home for the funeral of his best friend Luke....

The plane was near to landing as Tom looked out the window. After serving six months abroad in the Army you'd think he would feel alive but no, he felt very uneasy and uncomfortable. It's not every day he was given leave of absence to return to his childhood home. He was going for the funeral of his best friend Luke who died suddenly after a short period of time with motor neuron disease.

He took a deep breath in his seat and swallowed saliva in his mouth, closed his eyes and he could see all too clearly his best friend Luke as though he was sitting beside him. Why did Tom feel so guilty and afraid?

Looking back on it and remembering their last meeting Tom should have read the signs, no energy, loss of weight, poor concentration, wasting of the muscles, but perhaps he did not want to see the pain in his friend's eyes, or the tears as they said their goodbyes, for deep down Tom knew it was only a matter of time.

Luke was full of mischief, clever in school, and was liked by all as he climbed to the top of his class. He was a year younger than Tom but wanted to be just like him, and follow in his footsteps to join the army. He was very close to Tom and told him all about his dreams of success. Everything was about to be realized for Luke as he sailed through his exams, but unfortunately for Luke life took on a twist for him and gave him a blow to his lifelong dreams of being in the Army.

He first noticed it while talking his voice would slur, and he did not feel too good in himself, even though he was fit and very athletic. He had a lot of back strain and pain. He did not seem to be able to walk too well and it did not take long for the doctors to confirm he had a muscle wasting disease of motor neuron. He was devastated to say the least. His life was no good to him as his body wasted away leaving him wheelchair bound and depending on everyone. He cried a lot, got very depressed in himself and lastly felt anger at the injustice of it all, why him? He was only a young man for God's Sake and in his prime. He should be living life to the full like Tom and not ending up like this. All too soon he wasn't well enough to go outside and within a matter of time had died on his own after having pneumonia.

Tears prickled down Tom's face as he thought of his best friend Luke. Why was life so cruel. He did not want to face anyone as he came back to reality noticing the plane had landed. Would the rest of his friends rebuke him for not staying and trying to make Luke's last few months a little less harder to bear. Instead he went back to his Army life, and now here he was about to meet Luke's family and friends. Would they resent him, or blame him for not being there for his best friend Luke. Only time would tell!

Frances H



## A Walk In The Woods

Two young men and a girl went for a walk in the forest. The girl was named Fiona Shaw aged 17 and she was with brothers Frank and Liam Keating aged 17. It was a lovely fine day and after school the three of them decided to go for a walk in the local forest. As they walked along they talked about their day at school and about the Eurovision Song Contest that was on Saturday night. In the woods Fiona picked flowers for a school project, get down you'll fall a nervous Fiona calls out to the lads. Me Tarzan, Frank calls out as he goes to swing from tree to tree.

What is the story doctor? Mr and Mrs Keating asking the doctor in Naas hospital, Frank will have a sore head for a few days but the first cut was a bad cut on his leg when Frank fell out of the tree he cut his leg on branches and stones as he fell. He will need to get some stitches and stay in hospital for a few days, the doctor tells the Keating family. Never was Fiona Shaw so glad to hear foot steps in the dark as the ambulance crew she heard walking through the woods to their rescue.

**Philip F**



## Trip to the Fen

We went for a walk and it was nice to be out in the fresh air. Afterwards we went for tea and coffee and cake and a chat, It was a nice social and everyone enjoyed their time at it. Looking forward to doing this again soon to make the most of the longer evenings while we can.

Debbie G

## Snooker

On Tuesday 10<sup>th</sup> April myself, Paul C, Philip F, Kevin McE, Michael P, went to play snooker and pool in Sharks, Kevin McE & Philip F, played pool despite Clive C's efforts to save face when Philip brought him on as a sub, he was still beaten 3-0.

Clive C and myself played Paul C and Michael P played the snooker and to Clive's great sorrow he was hammered at that as well, still a very enjoyable time was had by all.

Joseph G



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Had, Hail, Hamper, Handy, Hanger, Harm, Heater, Heard, Heave, Hedge, Hell, Hem, Hide, High, Hill, Hinge, Him, Hired, Hoard, Hoe, Hole, Home, Hot, Hose, Hug, Hume, Hung, Hurt, Hurry, Hut, Yes

## This Months Interview

Is with  
Michael P

Favourite Meal: Quarter pounder & chips

Favourite Movie: My Left Foot

Favourite Sport: None

Favourite Hobbies: Watching documentaries, computers & technology, & walking

## About Platinum Clubhouse

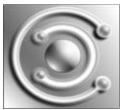
Clubhouse is a member run and centred service, where every individual has something valuable to contribute to the clubhouse and to society at large, irrespective of their diagnosis or level of function.

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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