



NEWSBRIDGE

Green Ribbon Events



We attend Newbridge Resource Centre for "Singing for Wellbeing" class and it coincided with Green Ribbon Day for Mental Health Awareness. So, Carmel and Mary along with members Laura & Michael came to our singing group and spoke about why we wear our green ribbons. The ribbon is worn to start a conversation around Mental Health. Frances H



Platinum Clubhouse staff & members visited Cross & Passion School, Kilcullen on Wednesday 16th to present green ribbons & give a talk on positive mental health & wellbeing. The information was well received by the students and active engagement took place during the talk. The students were very respectful, pleasant & attentive. Good interaction & role play worked well during this event & it was a great success. Mary C



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

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June Birthdays

Brian K, Debbie R,
James B, Niall D,
Brendan D,
Annette O' N, Lydia F,
Siobhán B & Kieran S



June 2018

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Discussion
4 Bank Holiday June Fest	5 House meeting Efficacy Singing for wellbeing	6 Sensory garden Art Class Advocacy Standard &Emp/Edu Meeting Social	7 Publications Music in Mind	8 Discussion
11 Policy Meeting	12 House meeting Efficacy Singing for wellbeing	13 Social Sensory garden Art Class Advocacy Standard &Emp/Edu Meeting	14 Publications Music in Mind	15 Discussion
18 Policy Meeting	19 House meeting Efficacy Singing for wellbeing	20 Social Sensory garden Art Class Advocacy Standard &Emp/Edu Meeting	21 Publications	22 Discussion
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June Socials 2018

Monday 4th June

June Fest

Wednesday 6th June

Exhibition in Newbridge

Wednesday 13th June

Quiz

Wednesday 20th June

Mini Golf

Wednesday 27th June

Day Trip



Unit Updates

Employment, Education & Community

Platinum Clubhouse was successful in securing a TE Site with Kildare County Council, in Naas Library. I had a desire to work so I expressed an interest in this position which was advertised in Platinum Clubhouse. The TE was 9.30 am to 1 pm (half day) every Friday. In the initial stages I was coached and trained in the position by a Clubhouse staff from the employment unit.

I had the luxury of returning to Platinum after my job and enjoying a hot lunch provided by the catering unit in the Clubhouse. I shared my experiences of my job with other members while having my lunch and after lunch I was able to get involved in the Work Order Day in Platinum clubhouse.

The TE job was extended from 6 months to 9 months and I was delighted with this but at the same time disappointed that the job site could not be extended further as I have got used to the culture of work in the community. I gained a wealth of experience, developed confidence and made friendships through this position.

I enjoyed receiving the bonus wage every fortnight. I'd like to take this opportunity to thank the Clubhouse employment unit for their support throughout the 9 months and as I see the TE position advertised on the noticeboard, I wish the next successful member the best of luck in the position. It was great to get this position and job experience and I hope it will be a steppingstone to me securing other work in the future.

Sheena H

Community, Social Events and Healthy Ireland

Evening Social 9th May 2018 / Music & Film Review

We had a social around music and film reviews. We talked about the different types of movies and music that people like to watch and listen to. It was a good social and it was interesting to see what films and music is popular at the moment.

Debbie G

On Wednesday 2nd of May we held a social at the Central Grill Restaurant in Newbridge. We gathered in the Clubhouse at 4 pm. Some members drove up but a large number of members walked to our destination. At first the sky was clear and sunny, but half way there disaster struck. First heavy rain then large hailstones. We pressed on however and soon arrived safe but soggy. This didn't dampen our mood however as we all took our seats and ordered our food and drinks. There was great chat and a lovely lunch. A very enjoyable trip out.

James K

My experience in the Clubhouse

I am approximately 2 years in the Clubhouse, it is a wonderful club to be a part of, as I meet a lot of people, make new friends and it gets me out of the house. I enjoy mixing with people; there is also a social every Wednesday, which I thoroughly enjoy. I have recently started to help out in the kitchen, which I quite enjoy and it makes the day go faster.

I have recently started a computer class in the KWETB, I attend Tuesday afternoons from 2pm to 4pm.

This has given me the opportunity to learn new skills and improve my typing.

This has filled a void in my life since I took my redundancy.

Brona P

Catering Unit

Summer Treats Enjoy!

Pineapple & ice-cream pie

Method

3 1/2 oz cornflakes
2 oz margarine
2 level teaspoons of castor sugar
1 level tablespoon of golden syrup
Crush cornflakes
Cream, margarine & sugar
Stir in the syrup & add cornflakes
Mix well press mix onto bottom & side of pie dish
Chill for 1/2 an hour

Filling

1 can of pineapple
Vanilla ice-cream

Drain the pineapple and chill
Arrange pineapple in pie shell
spread ice-cream over



Elderflower Champagne

Three heads of elderflower in full bloom
2 gallons of water
2 lemons
2 tablespoons white wine vinegar
1lb of granulated sugar

Put water in a clean bucket
Slice lemons & stir in sugar
Add the vinegar
Put in elderflower heads
Cover for 2 days & then bottle
Serve chilled with strawberries

The yeast in the elderflower works with the acid & sugar to make a wonderful refreshing non-alcoholic drink

“June “

June can be a lovely time of year for everyone, with the weather permitting. It can bring hope and wellbeing to our lives as we can look forward to warm days of sunshine. A lot of people plan their holidays in June, and love to take a break from work to do their own thing. There is nowhere as beautiful as our own country to travel around if we get the sun.

Everyone needs a break, even the children from school. They look forward to their long holidays. It's a lovely time for them to get lots of outdoor activity, like going to the beaches, having barbeques, going on picnics, or going on a family holiday. Lots of people love their gardens in June, as all the flowers are blooming, and bring a lovely colour to their garden. They take a lot of care in looking after them. Everywhere looks bright and cheerful. The summer brings out the best in people, their mood is good and they seem happier in themselves. We feel more content in ourselves. Yes, life is for living in the summer there's no doubt about that!

Frances H



Little Baby

Little baby so brand new,
You make the sun shine through,
Your big eyes look up at me
Fills my heart full of glee

A precious baby full of love,
A special gift from the Heavens above,
Just to watch you playing there,
Without a worry or a care

Blessed be to your destiny,
One day set yourself free,
A joy to watch you grow,
While the years swiftly flow

You are a special human being,
All the world to Mum and Dad you mean

Paddy M

Hamish the hamster and the smudge

Poor Hamish wasn't feeling well
So I put him inside my wine coloured coat
And headed to the Vet's,
He got nervous (as you would)
And started chewing.
He made quite a smudge
On both sides near the middle button- holes,
I hid the smudge with a stitch and a few
flowers around,
I still wear the coat to this day though
Hamish is long gone to Hamster Heaven,
He is remembered always as the proud
Maker of my wine coloured coat's smudge.

Lydia F



Daffodil

Yellow flower full in bloom
Gone to oblivion you be soon
At spring emerge from barren earth
I gaze in praise of your birth

For you be here only a short while
For now your beauty dare not spoil
Your delicate foliage a joy to see
Uplifts my heart full of glee

All dressed in line on a grassy hill
On a fine day you be standing still
In merriment shoot up high
Watch you closely and catch my eye

In merry men you dance away
And make the very best of my day
Sweet daffodil soon you be gone
To emerge again for you I long

As for now your beauty I adore
Capture you many a time before
To arise each year never fail
And live again to tell the tale

Swaying in the wind line in line
Mother Nature's gift for all time
A special offering from the soil
Looking so special all the while

Paddy M



The Two-Timer

Robert & Jenny were happily married. They had no children. Both of them had jobs. Robert was a doctor and Jenny worked in an office. They both arrived home at 6-30pm (approx). Everything went well in the beginning.

One day Robert took a liking to one of his patients. Avril also took a liking to him. Robert started to be late home from work, as he was dating Avril. At first he said he was held up with patients, but this was going on too much & Jenny got suspicious.

She tried talking to him but had no luck; she started work later than him. One morning Robert forgot his mobile phone. Jenny found it and put it in her bag, in case he came back looking for it.

At work she found out Avril's name, address phone number, and the fact that she regularly visited the house on a Sunday afternoon, when she was out with friends. She rang her brother and told him to meet her at a laneway near the house on Sunday.

When her friends came the following Sunday, she just got a lift up to the lane nearby. David and Jenny waited up the lane a bit until they saw the car going by. They followed after about a minute. (As she lived up a lane they guessed it was probably her)... When they went in Robert & Avril were hugging each other. David knew Robert (as they worked together) and told him he'd get a good hiding if things didn't stop.

Never again did Robert meet Avril. Things were back as they were.

They soon had children.

Patricia D



Word Search

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

Q: How many times can you find the colour BLACK here?

This Months Interview

is with

Michael P

Favourite Singer / Actor Dermot Morgan

Favourite Season Summer

What's the first meal you ever cooked Beans on toast

Favourite Holiday Trip to Norway



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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