



NEWSBRIDGE

Kildare Town

The boy took the treasured lunch box note from his mother, and in it was the story of the town, he lived in Kildare Town. Chill Dara, the Irish for Kildare is a town of unique history. Silken Thomas is a pub in the town, where you can eat, sleep, and drink. It is named after the Leinster Earl, Silken Thomas, who was executed by Henry VIII, because he would not recognize his marriage to Anne Boleyn. Outside the town we have Saint Bridget's well. People come from all over the world to visit the well. The Irish National Stud brings tourists from all over the world to Kildare. In the stud you can visit the Japanese Gardens, the Museum which has the bones of Arkle, all the stallions, the mares and the foals. If you want to update your wardrobe, a visit to Kildare Village is a must, but do bring a plastic card, or two. Many a cow went to Kildare Chilling Company, on a one way trip. Derby House was once the county hospital. Kildare was once an Army Town, recruits came from all over Ireland to be trained there, now it is a derelict site, but there are plans in place to build houses there and a cancer research centre there. Boys and girls from all over the country and the world work in the Racing Industry. The future champion jockeys of tomorrow are trained in the Race apprentice Centre. The Derby Festival is held in the town at the end of June each year. Squire Gannon, a local man was the first man to win the Sam Maguire Trophy for Kildare and probably the last man to hold it. The C.Y. M. S. is where the bingo is held on a Sunday Night, once it was a dancehall, but every March the Kildare Drama Festival is held in the town. Drama groups from all over the country travel to take part in the festival. Men from Kildare Town, who died in the War of Independence, are buried in the Grey Abbey Cemetery, and in the Market Square. The Carmelite Father's have been in Kildare Town since 1292.



Philip F

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July Birthdays

Anne M,
Joe C,
Tommy K



blog

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

July 2018

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------|---------------------------------|--|--------------------|------------------|
| 2 Policy Meeting | 3 House meeting Efficacy | 4 Sensory garden Art Class Advocacy Standard &Emp/Edu Meeting Social | 5 Publications | 6 Discussion |
| 9 Policy Meeting | 10 House meeting Efficacy | 11 Sensory garden Art Class Advocacy Standard &Emp/Edu Meeting Social | 12 Publications | 13 Discussion |
| 16 Policy Meeting | 17 House meeting Efficacy | 18 Social Sensory garden Art Class Advocacy Standard &Emp/Edu Meeting | 19 Publications | 20 Discussion |
| 23 Policy Meeting | 24 House meeting Efficacy | 25 Social Sensory garden Art Class Advocacy Standard &Emp/Edu Meeting | 26 Publications | 27 Discussion |
| 30 Policy Meeting | 31 House meeting Efficacy | | | |

July Socials 2018

Wednesday 4th July Independence Day Celebration

Wednesday 11th July Out & About

Wednesday 18th July Barbecue ?

Wednesday 25th July Social Drive



Unit Updates

Employment, Education & Community

Platinum Clubhouse has secured a TE site with Kildare County Council. This site will be based in Riverbank Newbridge and James K will be starting in the position on 19th June so we wish him well and all the best.

Thanks to all who took part in Men's Health Week and the events were well attended.

A big thank you to Garda Sinead who gave a talk on road safety and co walked with members in the community and provided Hi Viz jackets to members.



Community, Social Events and Healthy Ireland

Riverbank Art Exhibition 16/05/2018

On the 16th of May we held our Wednesday social. We gathered in the Clubhouse for 4pm before we set off walking down the town, our destination was the Riverbank theatre. We went to see an exhibition called "The moon belongs to everyone". It was about refugee children and how they fit into a new life in a new country with a focus on objects from childhood. It was an interesting event and we came out of it glad for seeing. After that we walked up to Bradbury's for some tea and coffee. We all got a table and something to drink and chatted for a while. This was an enjoyable social and we are looking forward to our next one!

Story Telling & Poetry Evening 23/05/2018

On Wednesday the 23rd we held our weekly social here in the Clubhouse. We gathered together in the admin room at four o'clock for an afternoon of poetry and stories. There was a group of ten members in attendance and staff. Before we started speaking some light background music was put on to set the mood, with this done the tales began. One of our members read a heartfelt piece about his childhood and growing up while another recited poetry he had written as did another lady in our group. There were even film reviews of the Star Wars movie. Those of us who did not have something pre planned spoke about our hobbies or trips. It was great fun to listen to people speak as their enthusiasm shone through. Finally there was a surprise treat at the end of the social as boxes of ice creams were brought out and shared with the group, a welcome thing on such a hot day. The event was successful and enjoyed by all.

Bowling Social 30/05/2018

On Wednesday the 30th of May we held our social. This time it was decided that we would go bowling at Kbowl. A large group of us gathered at the clubhouse before making our way out, some taking cars, and some buses. We all arrived at about ten past four and the group was so large we had to take up three lanes! With all the groups arranged we started our bowling. The game went on for about an hour and it was a lot of fun. Afterwards, many of us went to the tabled area in the building to get something to eat. The food was nice and the chatting was great, the whole event went very well.

My experience of working in a large supermarket

I worked for 26 years as a cashier, my job motivated me to get out of bed, get dressed and prepare for the week ahead. My job gave me an opportunity to meet people on a daily basis.

By earning my own few pound, this gave me my independence and a choice in buying what I wanted.

Having the craic with the girls, going out and socialising made each day go faster and eliminated the long winter nights.

Sadly, due to becoming unwell, I had to cease employment, and take my redundancy. My redundancy helped clear my mortgage. This was a huge weight off my mind.

Currently I am now upskilling my computer skills, and doing a computer course with the KWETB which I am finding very interesting and I'm enjoying life.

Brona P

Catering Unit

Strawberries & Cream

I was travelling through Wexford & observed all the strawberry sellers. The fruit on display was wonderful. Low in fat & calories, very high in vitamin c, full of antioxidants, antiinflammatory & anticancer properties. A great help to healthy eyes and bone health. Here are two recipes involving strawberries, a delightful pavlova with a chewy centre topped with fresh strawberries.

Strawberry Pavlova

Ingredients:

6 egg whites
4 teaspoons of cornflour
1 teaspoon cream of tartar
1 1/3 cups of caster sugar
1 teaspoon of vanilla extract
1 teaspoon of white vinegar
200ml single cream, whipped
1 punnet of strawberries
Washed, hulled & crushed



Instructions:

Pre heat oven to 200 degrees

Draw a nine inch circle on a sheet of greaseproof paper.

Lay on a baking tray & sprinkle teaspoon of cornflour in a light layer

Beat the egg whites & cream of tartar in a clean dry bowl until you have stiff peaks. Fold in the caster sugar a spoon at a time reserving a spoon of sugar. Then beat until the meringue is glossy. Add the remaining 3 teaspoons of cornflour with the last of the sugar then fold in the vanilla & the vinegar. Using a large tablespoon spoon the meringue onto the greaseproof paper to the edges of the circle. Turn the oven down to 100 degrees centigrade & bake the meringue for 1 hour and 15 minutes Turn off the oven & leave the door open. Leave the meringue in the oven & allow to cool. This helps to crisp it up. To serve top the pavlova with whipped cream & crushed strawberries.

No bake Strawberry Cheesecake

Ingredients:

Digestive or ginger biscuit
Melted butter to bind
16oz package of cream cheese
1 cup of icing sugar
1 dream whip (powdered mix)
½ cup of cold milk
1 teaspoon of vanilla

Instructions

Prepare whipped cream mix with ½ a cup of milk
Blend in softened cream cheese, icing sugar & vanilla
Pour into biscuit base. Chill in refrigerator for 4 hours
Garnish top with fresh strawberries

He was the first man to tell her she looked fantastic in red high heels.....

She looked at herself in the mirror again and again; yes she admired herself as she swept back her long dark hair from her face looking intently at her pale face, adding a little touch of bronzer here and there.

Her dark circles over her eyes could be shaded by wearing sun glasses. She tried some on and was pleased with her results. She felt and looked a million dollars as she went up and down in her bedroom staring at herself. It was hard to imagine she was that same person.

Her ensemble was put together very meticulously, a red halter neck dress, after all it was the summer and she adored red. She put on her high heels lastly noticing how well she felt and looked radiant inside, with some butterflies in her stomach. She smiled to herself as she heard a knock on the door.

It opened slowly and she thought she would burst into tears as her fiancé lifted her from her wheelchair, for he was the first man to tell her she looked fantastic in red high heels as he carried her downstairs for their awaiting carriage to be married.

Frances H



Music in Mind –Choir Singing

Music in Mind Choir Singing is an eight weeks course. The participants are from The Harvest Centre and Platinum Clubhouse. We sang a variety of songs, songs of positivity or upbeat songs mainly. Our tutor was Sadhbh from the National Concert Hall. She played a keyboard and guitar. We sang songs that the participants liked. On the 31st of May we had our concert in the sensory garden in the Harvest Centre. We had a big turnout, the rain held off. Seamus & I gave a speech. The concert went very well; we had tea/coffee and scones after. It was a nice day and everyone enjoyed it. Ronan B



This course has now been completed and members were presented with their certificates on Thursday 14/06/2018.

Platinum Information Stand at the June Fest

On June Bank Holiday Monday, members and staff had an information stand in the Town Hall for the opening of the June Fest. We found it very interesting meeting the general public and informing them about Platinum Clubhouse. Some of our lucky members got their picture taken with the Kildare entry for the Rose of Tralee.

We handed out leaflets to the general public, so that they could pass on information about the Clubhouse to their family and friends.

Noel C



Celebrating Green Ribbon

A choir singing their hearts away
On a sunny morning summers day
United in such a glorious song
With perfect harmony nothing go wrong

All concerned about mental health
In all aspects their minds are dwelt
Companionship without fail was there
With much pleasant company to share

Eager eyes looked on and on
Lapping up all of this special song
The choir conducts accompanied so well
Her presence and the music was swell

There was pleasant scenery all around
With colourful flowers on the ground
The artwork looked a precious sight
And added to all the crowds delight

All the girls and lads enjoyed the fun
In a unique setting their hearts were won
What more could this morning provide
That made us all feel good inside

On this oh so special day near of June
The harvest centre full in bloom
Everything was special to us all
On our green ribbon morn to recall

Paddy M





Platinum Clubhouses contribution to the June Fest 2018 Yarn Bombing display in the Linear Park, Newbridge.



A selection of photographs of other yarn bombing displays that caught our eye in Linear Park, Newbridge.

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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