



## NEWSBRIDGE

### Daytrip to the Pearse Museum and Joel's restaurant

It was on the 27<sup>th</sup> that the clubhouse had set to take our daytrip social to the Pearse museum and Saint Enda's park. There were thirty six of us and we met here at the clubhouse at 9am and got ready for our bus ride out. The bus was comfortable and happily it was air conditioned a great thing on such a hot day. Our destination was in Rathfarnham and the ride took about an hour. On the bus we were handed out cool water for our adventure. And so it was when we arrived and we all piled off the bus. We had gotten off the bus a bit of a distance from the building so we started walking through a wooded area. We were not sure if we were going the right way, but it was an adventure. The wooded area was nice to walk through and we even saw some of the sights, like a little stone monk's hut.

And so it was we all arrived at the museum. With everyone together we gathered ourselves and had a little snack, lots of fruit was provided and was quickly eaten. After that we split into two different groups, one going for tea and coffee at the shop while the rest went for a tour of the museum.

The tour group met our guide, a very knowledgeable woman, who was to show us about. We started in a side hall with paintings and sculptures. From there we went into the front entrance where we saw a wooden block that it was said Robert Emmett was beheaded on. From here we went onto the dormitories where the boys from the school had stayed. Along from here we went to the living room of the Pearse family where they would spend their own personal time. Finally we headed through a hallway with all sorts of interesting items and pictures before arriving at the "Halla Mor". This was the main hall of the school used for meetings, music and drama. With this the tour was done and we spent a bit more time ourselves taking a closer look about.

After this we all met up again outside the building and went for a walk in the park grounds. There was a lovely winding path about that lead to a small river and lake, and just beyond this was a small stone castle type of building with stairs around it. Following this we went and sat under a large tree, enjoying the shade and the chat, it was a lovely place to enjoy a sunny afternoon.

All things come to an end and it was time to go. We got back on the bus and drove to the restaurant, Joel's. When we were there we were greeted and shown to our tables. There were two large tables set up just for us. We had a menu that consisted of Burger and chips, fish and chips, curry and a grilled chicken breast with mash. To follow we had apple pie, a chocolate brownie or an ice-cream sundae. The food came out fast and tasted lovely. It was a great meal and everyone was quite satisfied.

So it was that our day trip was over, it was just a bus ride back to the clubhouse before we all went our separate ways home. All in all the trip was great fun and we all enjoyed it. We are really looking forward to our next trip!



# blog

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

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### August Birthdays

Sinead H  
Elizabeth F  
Tom L  
Bernard K  
David R  
Michael B  
David D  
Catherine D  
Jonathan D  
Robert C  
Laura Mc D



# August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Sensory garden Art Class Advocacy Standard &Emp/Edu Meeting <b>Social</b>	2 Publications	3 Discussion
6 Bank Holiday	7 House meeting	8 Sensory garden Art Class Advocacy Standard &Emp/Edu Meeting <b>Social</b>	9 Publications Menu Planning	10 Discussion
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20 Policy Meeting Community project	21 House meeting	22 <b>Social</b> Sensory garden Art Class Advocacy Standard &Emp/Edu Meeting	23 Publications Menu planning	24 Discussion
27 Policy Meeting Community project	28 House meeting	29 <b>Social</b> Sensory garden Art Class Advocacy Standard &Emp/Edu Meeting	30 Publications Menu planning	31 Discussion

## August Socials 2018

Wednesday 1<sup>st</sup> Scarecrow Festival

Wednesday 8<sup>th</sup> Music appreciation

Wednesday 15<sup>th</sup> River Walk

Wednesday 22<sup>nd</sup> EMO Court

## Unit Updates

### Education & Community Employment

#### What work means to me

I love to be able to get up early in the morning and prepare for my day at work. It gives me a great sense of achievement, and a feeling I am doing something positive for myself and giving something back into the community. It gives me hope and confidence in myself to go forward in my life. It's a new opportunity for me where it gives back control in my life and it helps me to feel good about myself again. I get a chance to interact with people, I learn new skills. I learn to be independent by myself e.g. by getting buses to and from work. There is a structure on my day and apart from having more money in my pocket, I am making new friends. It is good for my mind body and soul, and it helps me to stay focused in my life.

Frances H

#### My Job in Quinn's Hardware

On March 2015 I started working in Quinn's Hardware store on a Monday four hours a week. My first job was on a computer in the office and then I checked files in an office on my own. That lasted for around three years and then I started breaking up cardboard boxes and putting them in the crusher. I used to face paint cans out on front of the shelves and then stack shelves with goods. I do have to start at 9.00am and finish at 13.00pm so I leave home at 8.10am. I stop for a latte and a bun at the local garage and have a smoke before going in. Until now I have been sweeping the floor of the whole store and there are two lads whom I went to the national school in Big Stone, one of them went to St. Laserians the same school I went to in the early eighties. I clock out at 13.00pm and head down town

Tommy K

### Community, Social Events and Healthy Ireland

#### Independence Day Celebration

On Wednesday the 4th we held our in house social, celebrating the American Independence Day and all things American! A fairly large group of us gathered in the dining room and Paul put on some American music to set the mood. Once everyone had arrived James read out a piece about the July 4th holiday in America, a bit on the background and a bit on how it is celebrated today in the states. After that we went about our group talking about visits and family in America. Some people had family and some had holidays but they were all different stories, America truly is a huge place. Following this we had some sweet treats, USA style. blueberry muffins and chocolate brownies. With all the food gone we departed. It was a fun social and we are looking forward to the next! **James K**



## Lourdes Trip

I went to Lourdes on the 22<sup>nd</sup> June with a group from Sallins. We went for ten days. Part of the trip was a day to Spain which I thoroughly enjoyed. The streets were cobbled with small stones & beautiful boutiques which lined the road. I purchased a beautiful bag and some jewellery for myself. The baths in Lourdes was one of my most enjoyable experiences. When I entered they were very cold and I felt good in myself, a special feeling overcame my body. I was involved in the candle light procession at night time, which was very enlightening, and thousands of people attended.

We stayed in a beautiful hotel, lovely food. It was nice to spend some time with my sister. I really enjoyed this trip and would encourage other people to go.

Brona P

## Catering Unit

### Every Drop Counts

Please make every effort to conserve water in the present climate. Use a basin when washing in the sink. Always use a sink plug. Turn off the tap while you brush your teeth. Take shorter showers it can take 2 gallons to brush your teeth. 2-7 gallons to flush the toilet & 25- 50 gallons to take a shower. The average person in Ireland uses 80-100 gallons per day. During medieval times a person used only 5 gallons per day. Always fix a dripping tap. Use full loads in the washing machine & dishwasher. Install a water tank to collect drain pipe water for the garden flowers & vegetables.

### Please make an effort to conserve water



### July 4<sup>th</sup>

The Clubhouse kitchen led the way to celebrate July 4<sup>th</sup> Independence Day. A lovely sticky BBQ sauce American style on the pork chops at dinner time. We then baked blueberry muffins & chocolate brownies for the afternoon party which had rock and roll music playing in the background. People spoke of their experiences while travelling in America. It was an afternoon of jokes & good craic



## Summer

Within Summer my heart is won  
With it's oh so pleasant rays of sun  
To relax on my sun deck chair  
Feeling the best beyond compare

Here I am in such ecstasy  
Lapping up the elements of the sea  
Sailing boats travel slowly by  
In those rippling waters in my cry

What more could you want I say  
But to enjoy the heat on a sunshine day  
And when the sunshine comes around  
Walking the sand nowhere really bound

A season that really thrills my heart  
In a time that cannot be torn apart  
What more could you ask in life  
But an escape from any kind of strife

An enjoyable time all of mine  
In a sprightly experience so very fine  
O you my Summer my soul is won  
And brings me so much times of fun

In sunny grounds children play  
Their enchanting faces much to say  
To explore all around in such fun  
In a glorious feeling all said and done

Paddy M



## PHRENZ Holiday - Westport

I, Liam and Margaret from the PHRENZ group, went to Westport in Co. Mayo. We went for three nights. We went to Westport House and looked around the house it was lovely inside and outside, it was done up like it used to look a hundred years ago. We went to Matt Molloy's pub and had a few drinks, while there we got talking to a Canadian family. The town itself is lovely and has load of shops. The food in the hotel was fantastic, and the hotel was lovely. There was live music every night in the hotel. All three of us enjoyed the holiday.

**Ronan B**

## End of Vacation

As we get our summer holidays, we look forward to long lazy summer days. There are holidays in foreign countries, or some people prefer local breaks away. There are different school camps for children around Ireland. But all good things come to an end. As we enjoy the last few days of summer, we had some lovely warm days this year and we all enjoyed them. It was enjoyable and we all had fun. Thanks for our good holidays.

**Enda C**





## Clives Holiday

The time had arrived again. It was the second last week in May and this time my travel buddy and myself had ourselves booked in for our first ever Mediterranean Cruise.

It was a very early start and my Dad gave me a lift to my friend's house in Celbridge. Our first port of call was a flight to Barcelona and when we arrived there we paid a short visit to my friend's brother, his wife and their 14 month old child Maiaa.

He gave us a lift to where we had to board our ship called Rhapsody of the Seas. We went to a different destination each day. On the Monday we visited Cannes in France, followed by Salerno in Italy the next day and Rome on the Wednesday. We stayed on the cruise ship for the last day and our final destination was Venice in Italy.

We were able to disembark the ship each day for 6-8 hours and explore the different cities we had on our itinerary.

The facilities on the ship were fabulous with nine decks and approximately 2500 passengers and 800 staff.

We were treated to a four course dinner every evening and we sat at the same table and had the same waiter in the Erdweiss Restaurant each night.

There was a very large theatre and we had a show each evening ranging from singers and dancers to tribute bands and magicians.

Clive C

## Visit to Emo court

Platinum Clubhouse social was a very enjoyable visit to Emo Court. After a quick trip down the N7 and a relaxing picnic in the park we then toured the house with a guide, it was a lovely spacious set of rooms designed by James Gordan the famous architect who was responsible for the custom house and the four courts in Dublin. It was set in the second largest enclosed estate in Ireland. We then had tea in the garden with lovely homemade cakes.

Paul C

### Major Cholmeley Harrison



Major Cholmeley Harrison bought the house from the Jesuit at a low price because they knew he would restore and look after the house. Major Harrison presented Emo Court to President Mary Robinson who received it on behalf of the people in Ireland. Major Harrison lived in private residence of the house until he died at the age of 99 years old in July 2008.





# Annual BBQ 17th July 2018



## About Platinum Clubhouse

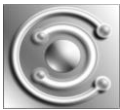
Clubhouse is a member run and centred service, where every individual has something valuable to contribute to the clubhouse and to society at large, irrespective of their diagnosis or level of function.

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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