



Clubhouse Summer Barbeque

Our BBQ morning was held on Friday the fifteenth of July. It was provided and hosted by Sean Power who was the local TD and member of our advisory board. It was attended by over 40 members. On the day we were a little unlucky with the weather as it was overcast and showery but this did not deter us from having a great time. There was a great aroma coming from the BBQ at 12.30pm when Sean began cooking. We had a lovely variety of foods including burgers, hotdogs, a selection of salads and not to forget the lovely deserts which were prepared on the day by our catering unit. There was plenty of food to go around and everyone enjoyed the food. D.J Paul supplied us with background music which added to the lovely atmosphere of the day. Karl, a local schoolteacher and member of our advisory board called in to visit which was a lovely surprise. Everyone seemed to really enjoy the day and there was great banter amongst the members. We have some photos from the day which we have included for everyone to see. This will help us remember the great day we had.

Sheena H



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August Events

1st Bank Holiday
Clubhouse Closed

Mid-Month Social
Afternoon tea in
Platinum.

26th Employment
dinner in (Mc
Gowans
Newbridge.)

August 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 BANK HOLIDAY Clubhouse closed	2 House meeting Efficacy Group	3 Art Class Standard & Employment meeting advocacy group	4 Walking Group Publication group	5 Community support Crafts group	6	7
8 Policy Meeting Walking group	9 House meeting Efficacy Group	10 Art Class Standard & Employment meeting advocacy group	11 Walking Group Publication group	12 Community support Crafts group	13	14
15 Policy Meeting Walking group	16 House meeting Efficacy Group	17 Art Class Standard & Employment meeting Advocacy group	18 Walking Group Publications Group	19 Community support Crafts Group	20	21
22 Policy Meeting Walking group	23 House meeting Efficacy Group	24 Art Class Standard & Employment meeting Advocacy group	25 Walking Group Publications Group	26 Community Support Crafts Group	27	28
29 Policy Meeting Walking group	30 House meeting Efficacy Group	31 Art Class Standard & Employment meeting Advocacy group				

Autumn Glory

Autumn is upon us once again. I feel it's a time of preparation as we enter into one of my favourite months. We put away our summer clothes and look forward to our fresh mornings and coming days ahead of us. Yes the trees are at their most beautiful as we see the different colours of the leaves as they change.

It can be a lovely dry month and we can feel the leaves too as they gently fall from the trees, fresh and beautiful. We can smile as we see people out walking and jogging, and a friendly smile or two can brighten up their day.

The soft warm breeze of the evening sun gently blows upon us. We see the sun sinking softly behind the trees, its like an evening spell put upon us as we listen to the owls and bats that come out at night flying overhead above us. Yes we give thanks to a day well spent as the evening glow goes down, and we wait for the morning stars that shine brightly in the sky, another day has dawned.

It's a time to prepare for a harvest thanksgiving for the food we have received. Children too can enjoy the autumn as conkers fall onto the ground, and they can walk upon the crunchy leaves beneath their feet.

We see to the blackcurrants and other berries as they come out on the bough and on the hedge. We also see the mushrooms in the fields, which some are lovely to eat.

The russet coloured leaves as we stroll along are a beauty in themselves. Yes I feel Autumn is a magic month, beautiful and bright, and as we let our minds wander and look around us it can be so much more.

Frances H



Going Butting

We were busy in the yard tiding up the butting forks as simple shaft handle with a piece of wood across the bottom with six inch nails driven through then the point is beaten flat and filed to form a barb. We had friends staying at the camp site so we quickly made two more forks we were heading to the coast it was a grand sunny morning as we parked up at Gibraltar Point Nature reserve it was a three and a half mile walk across the bird sanctuary salt marsh and bombing range to the creek, at low tide the sand banks were dangerous to explore quick sand is the main danger to look out for. It was a different world for our visitors from Manchester. The water left in the creek is quite warm and the fish congregate in several places along the creek. The idea of the butting fork is to walk in the creek in a line and to spear the fish as we go you can feel the fish wriggling lifting up against the tidal flow, removing the fish from the nail and put it in the bag. We had come on the right day the water was alive we had bagged seven and a half stone of fish the lads were so excited they didn't think about the extra weight back across the marsh. We carried on for another half an hour and realised we had more fish than what we had wished for.

There were Plaice, Lemon Sole and Dabbs we even speared a few sand eels they were so plentiful we loaded up and headed home. Nothing was left to say we had been there. A nice steady stroll back with several stops. When we got home the pan went on for a nice meal of sole and chips. The rest of the fish were cleaned and put in the deep freeze. Our friends thanked us for a wonderful hunting trip, a life time experience. It was more than we expected more than you could wish for.

Paul C



My Job in Quinn's hardware Store

I have been working in Quinn's hardware store for a year and a half and I like the job very much. I get paid minimum wage for the four hours I do on Mondays. I sometimes check cans of paint are in the right place or sometimes I sort out docket in a small room. I find out people's names that purchase goods on the docket and what they bought at the store like feeds and tools. I do have to be in by 9 clock in the mornings and clock in a machine in which I write my name on and Emily shows me to my place of employment in the room or if she's not in Robert the overseer shows me to the paint stand in which to sort out. One day I was in a stock shed stacking shelves and sweeping the floors, and on another day I was in the stock room taking out leftovers by pilling them on a fork lift truck with two lads I already know very well. The hours do be boring so it's something you have to put up with.

Tommy K



Living in Peace

Have you peace in your life
Despite all the turmoil around you
Life can be full of strife
But inner peace is all to renew
Despite danger of upsets and
depression
That only lead to despair
To make happiness in your
possession
And spread harmony through the air

Life is hard at times to face
In a changing society of today
I feel for all the human race
With many a thought to say
But most of all a heart to give
With concern for brotherly man
The society in which I live
I try to pray best I can

This is certainly a changing world
With new inspirations around
My world is of a dream
I am really tied to the ground
But tomorrow is a new day
That will change to better times
A new future ahead of us lay
As each lifes cycle unwinds

Paddy M



Cinema Social

A group of cinema enthusiasts met last Wednesday for tea and sandwiches then headed off to the Odeon at Naas the film to be viewed Absolutely Fabulous, it did not live up to its title we rated it six out of ten. The film is basically a half hour episode stretched over ninety one minutes with one liners and the celebrity guest list including Cathy Burke, Kate Moss Graham Norton and Barry Humphreys. Running out of people to sponge on Jennifer Saunders accidentally knocks Kate Moss into the river Thames, then on the run in Cannes in France looking for someone to keep them in the lifestyle they are accustomed to. Joanna Lumley as Patsy makes the film work with her extracted drinking and smoking. Of course Kate Moss did not drown, and Eddys PR Business takes off.

Paul C



I Love Rest

I love relaxation and rest time
alone
Whether enjoying the cinema,
or a good book at home
I love time in nature, and being
like Huckaberry Finn
I now have weak legs, but the
yellow jersey some day I'll win.

What's wrong with coming life
And dreaming of a Shania twain
style life
I love a few pints in the evening
with friends
I love clubhouse, I love
Clubhouse, the heart it minds.

Niall D



blog

Have you checked out our blog lately?
Stay up to date with all clubhouse
activities

<https://platinumclubhouse.wordpress.com>

August Birthdays



Tom L, Bernard K,
David R, Michael B,
David D, Catherine D, Jonathan D,
Robert C & Laura Mc D

A Day in the wild West

As I look up at the flag of the United States of America the bullets ripped into his body and he fell to the ground. My name is Black Kettle; I am one of the chiefs in charge of the Sloux nation. I was born and raised on this land, I spent my youth running across the Great Plains, I fished our rivers, I hunted buffaloes, I courted Indian maidens and made war on the Crow Indians our enemy. Then came the white men to our land, they built forts for soldiers to live in, they killed the buffaloes, soiled our clean rivers. I joined "Red Cloud" and we made war on the white man with some success. The Flaterman massacre, but we lost many young men. Our villages are full of women who have lost their husbands, small children and old men. So I, Black Kettle made peace with the white men. They took me to Washington to meet the Great White Father who told me I was a true American, and gave me a flag to prove it to hang on my tepee. At 6am I rush out of my tepee to see soldiers riding into our camp, they are shooting the old and the women and with their swords they cut our children in Half "Red Cloud" was right you cannot trust the white men, they are liars. I call out war at peace and point up to the flag over my tepee. As I lay dying on the ground I cry out to the great white father to grant wen one day to the Sloux Nation. This was achieved a few years later when Sitting Bull killed Custer and the 7th cavalry at the Little Big Horn for they were soldiers who rode into our peaceful village that morning.

Philip F



Sydney

Carmel and Breda went to Sydney to work. They weren't long there when they had to come home to their father's funeral. They couldn't stay long as they had to get back to work.

Their mother missed him a lot. Anne regularly went to the grave; seldom did she do anything else. She didn't even wash the dishes, except when she needed them herself.

Breda's birthday was coming up and Mary (her sister) called in, to get her address. She said nothing when she saw the state of the place, but she put a letter in with the card.

Carmel and Breda were soon home. Their aunt collected them from the airport, without saying anything to Anne.

When they arrived they had to wash delph, before they could have tea. When their aunt was gone they had a chat with their mother. She said it was because she missed their father so much. They said "We don't be here, so we aren't able to go to dads grave at all. We are not like you, able to go every day. Grow up. I don't suppose you ever go out with your friends now?" When she said she didn't, she was told "she better change."

A short time later she was going out with friends again.

Carmel and Breda had the place spic and span again. They also cleaned up outside.

She was even doing things herself now. Breda and Carmel waited for their father's anniversary mass.

They could go back in peace.

Patricia D



Number Search

0	4	5	8	9	4	3	7	8	4	0	7	8	9
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This Month's Interview is With

Frances H

How did you hear about Platinum Clubhouse? I heard about Platinum clubhouse through my doctor.

Why did you join Platinum Clubhouse? I joined Platinum clubhouse because I wanted to get out of my isolation zone.

How has Platinum Clubhouse helped you? It has helped me to make friends, and realise I am not on my own as regards my health issues.

Any other comments? I am attending clubhouse for 8 years now and I love everyday of it as there is always something new happening.

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.

Members participate in mutually planned vocational, educational and social activities.



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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**

