



NEW SBRIDGE

Awards Day

On the 29th of January there was an awards day celebrated in Platinum Clubhouse. Everyone helped out in getting the place organised and decorated for the awards ceremony to celebrate members getting their certificates. Lydia got European Person Of the Year and she gave a brief outline of what this entailed. Following this, other certificates that were given out e.g. the youth group, Creative Writing, Art, Co Facilitation skills and other certificates too were given out to members who did other various courses. When the certificates were given out members talked about what the course was about and the tutor gave out the certificates to members. A group photo was taken after every certificate was given out to the members who participated in the course. After the ceremony some members sung songs and read out a poem. Well done to everyone who got certificates.

Members helped out in getting the tables set up for the finger food buffet. The finger food was set up and ready for members to get food. The buffet was lovely and delicious. There were also sweets.

The day was very good and enjoyable. Everyone enjoyed the day



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February Events

3rd Cinema Social

9th Pancake Tuesday

10th Ash Wednesday

14th Valentine's Day

15th Valentine lunch in Clubhouse

26th Employment dinner

February 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Policy Meeting Art Class Walking group	2 House meeting Healthy Eating Men's Group	3 Art Class Standard & Employment meeting Ladies Group	4 Creative writing Walking Group	5 Relaxation Crafts	6	7
8 Policy Meeting Art Class Walking group	9 House meeting Healthy Eating Men's Group Pancake Tuesday	10 Art Class Standard & Employment meeting Ladies Group Ash Wednesday	11 Creative writing Walking Group	12 Relaxation Crafts	13	14 Valentine's Day
15 Policy Meeting Art Class Walking group Valentine lunch in clubhouse	16 House meeting Healthy Eating Men's Group	17 Art Class Standard & Employment meeting Ladies Group	18 Creative writing Walking Group	19 Relaxation Crafts	20	21
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29 Policy Meeting Art Class Walking group						

One Direction

Inspired by Michelle

Biggest boy band in the world the truth
Achieved success the very blossom of their
youth

An English band virtually based in London
Enchanted all the fans with their hearts won
A brutally honest Simon Cowell had his say

He knew a success story is on its way
After the x factor they came third place
In their first single number one soon set the
pace

Story of my life and live while were young
Steal my heart, so many, had the fans hearts
won

Their first four albums debut at number one
Their popularity over the world had gone
Members Liam Payne, Niall Horan, Harry
styles

Louis Tomilin, all united in song all the while
In a very short time they shot to fame
Displayed at the box office everyone knew
their name

A brilliant concert at Wembley played so well
Their enchanting voices a great story to tell

Their new single drag me down out
Makes all the admirers dance and shout
Their catchy tunes soon hits our hearts
And a sense of freedom within us departs

I love one direction they are the best
To me a pop band surely blessed
Posters and billboards everywhere to be
seen

A boy band the rage in so many young
hearts dream.

Paddy M



Spring a New Beginning

Already there is a touch of spring around us
as we begin to see the evenings getting a
bit brighter and the dampened clay. Birds
begin to be seen foraging for roots. Yes it's
a lovely time to see re growth all around us.
Apart from the cold spells we are having at
present it's like a new beginning, as we are
into 2016 let it mean a new year for us all.

We can hope for ourselves that it will be
better than the year before. We all need
hope in our lives as we go forward. We
strive for happiness in our lives some of us
may look for a better paid job or seek
employment elsewhere. There has been a
lot of disharmony in the past few years over
lots of issues in our country. If we have no
peace we have nothing, for peace brings us

all together. We feel united and secure in
the knowledge we are all striving for a
better world for ourselves and our children.
Wars and fighting only bring bitterness and
hatred, and so as we enter into spring let it
be a growth of mind, body and soul for us
all. We can do lots of things for ourselves
as the weather improves like go walking
and we get to meet new people. It's also
great for the mind and great exercise.

Swimming is another form of exercise and
it helps the joints in the body. Gardening
will be next on our list of activities as weeds
will have to be taken up and perhaps a few
new flowers put down. The daffodils and
crocuses are a beauty to see along with
the snowdrops. Yes we can do a lot to
make our world brighter and better for us all

Frances H



Catering Unit

Chicken Soup



Ingredients:

1 teaspoon of vegetable oil
50g Flour
275ml of Milk
1Pint of Chicken Stock (or 2 stock cubes dissolved in boiling water)
Salt and Pepper
1 Finely chopped Onion.

Method:

1. Heat the oil in a saucepan.
2. Add the finely chopped onion and fry for 1 minute.
3. Add in the flour and cook for 2 minutes, stirring all the time.
4. Gradually stir in the stock with salt and pepper.
5. Bring to the boil and simmer for 15 minutes, keep stirring until thickened.

My Car

The second car I bought since my epileptic illness was in October 2014 for €1500. It cost €1190 to insure and €285 to tax for six months. It is registered 03 LK 322.

It is also dark green, has electric windows and a good radio system for playing C Ds.

It cost me only €55 to get a NCT done on it in Carlow and has not given me trouble ever since then. It gets condensation inside sometimes and I have to turn on the heaters to clear it from the windows.

I drive to Clubhouse and to work without having to bother with the taxi and the bus for a change and it makes a difference.

I was able to get a part time job as a result of having a car.

Having a car for the second time gives me more independence to go as I please in all weathers and I keep it in the shed to prevent condensation from getting on the windows.

Tommy K



1916

This year is the 100th year since the Easter Rising of 1916. So in Ireland, there will be a lot of events held to mark the anniversary of the Easter rising. The men of 1916 died so that we could live in freedom, but I wonder now if they came back would they think it was to no avail. When they see the state of the country now rubbed by crooked bankers, developers and crooked politicians I wonder would they shoot them instead of the British army.

2016 will be a big year for Platinum Clubhouse, as we have our Accreditation in March, so it will be a case of all hands on deck. Hopefully we will have a supported holiday, Employment Dinners and other socials during the year 2016. My other wish is that all the members and staff of Platinum Clubhouse have a healthy 2016.

Finally, we say goodbye to Sandra, who was with us for twelve weeks work experience. We wish her well in the future, and thank her for all her kindness to us the last twelve weeks. Have a happy 2016.

Philip F



February Birthdays



**Joe B, Mark o' B,
Colm S, Paul K, Derek B and
Dympna P**

The Hearing Aid

Tom, Dick & Harry were brothers. Tom lived in Dublin. Dick lived in the home house. Harry was married and living just across the road from him. Harry had a son Gerry.

Harry's wife died. After she died Harry spent most of his time with Dick. They regularly lodged in each others houses.

Dick started to become hard in the hearing, but he wouldn't get his ears tested, although people were telling him to have them tested.

Dick and Harry were in town one day, when they got back Harry said he was going to lie down. When Dick had the supper ready he went up to get Harry and found him dead.

At the funeral Tom asked Dick to go live with him.

Dick just said he'd think about it. Dick's hearing wasn't improving but he did nothing about it.

Gerry used to go into Dicks about three times a week and do odd jobs for him (such as light the fire and sweep the floor).

Dick and Harry were very close, so it was awhile before Dick went to the pub after the funeral.

Dick was very friendly with the local Parish.Priest, he made an appointment for Dick to have his ears tested. He said nothing to him until that day when he was driving into town. He didn't like it but couldn't do anything then. He didn't realise how bad his hearing was, he didn't even think he needed a hearing aid. He said nothing to anyone. He would take them out when Gerry was coming.

When Dick went back to the pub, Gerry was there with two friends. They didn't realise Dick could hear. One of Gerry's friends asked him if he was still interested in Dick's house, he said he was. The other said I can't see you get it, as Dick is still only 70 and is in good health. Gerry said I'll tell the doctor and nurse about his hearing and sight problems, his friend replied he hasn't got any problem with his sight, plenty of people wear glasses.

Gerry said he'd make things worse than they are. Dick heard everything and was very annoyed. The next day he rang Tom he arranged to go live with Tom. He went to the solicitor the next day and changed his will; he also put the house up for sale. He had planned to leave the house to Gerry, but things were changed. He told Gerry about why he was selling the house; he showed him his hearing aid. It was Gerry's own fault he didn't get the house.

Patricia D



Boot Camp

Last September I saw an advert about a boot camp class taking place in the school beside me. I texted the number enquiring about the class and explaining that I wasn't fit at all, the instructor Darren replied that the class was suitable for all levels of fitness and all I needed to attend the class was a mat and water. On the Wednesday night I went along to the class, when I entered the room I just stood and stared around me, thinking what have I let myself in for. There were ropes, weights, medicine balls, kettle bells, a sand bag, skipping ropes and on the two doors was suspension belts where you did press-ups and stomach crunches. I just wanted to run back out the door; Darren introduced himself and explained about the class, I signed a medical form for safety reasons.

The class began with a warm up, we started with a brisk walk around the hall followed by jogging then walking and putting one leg at a time out straight and touching our toes.

When the warm ups were finished I was exhausted and the real work was still to come. The way the class works is the exercises are split into two sections Cardio and circuit, and you exercise each section between 30 seconds and 1 minute, it may sound easy but when you swinging a kettle bell or doing the plank it is hard. When the class ended I couldn't feel my legs my body was sore and I was shattered. I went home showered and went straight to bed, for the first while I attended the class once a week then I started going twice a week and now I do three classes a week. I made friends with the other people attending the class. Each month I get weighed and measured, I was delighted that I lost the most weight and inches for the month of November this was a great achievement for me, and I also did a 12k walk with two other people from the class I was thrilled with myself and I have a medal to show for it. I went back after Christmas and my goal is to lose more weight and inches before the summer.

I find the class good for my mental health as it clears my head and I feel good about myself.

Debbie R



Word Search

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

Andy, Anne, Bernie, Betty, Breda, Carmel, Derek, Eamonn, Eileen, Tony, Fiona, Frances, Jane, Joan, John, Kate, Liz, Mark, Mary, Oliver, Paddy, Paul.

This Month's Interview is With

Tom S

Favourite Meal: Bacon and Cabbage

Favourite Movie: Shawshank Redemption

Favourite Sport: Hurling

Favourite Hobby: Horse Racing



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.

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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