



Happy New Year

Platinum clubhouse would like to wish all our members and readers a Happy and Healthy New Year.

Accreditation

As most of you know our accreditation visit, will happen the week beginning the 7th March 2016.

In preparation for the accreditation we need to go over our self study in January and finalise all our details. We also need to get involved as a unit in the work ordered day.

We need members to be as involved as possible in all aspects of the clubhouse. Please come in and support your Clubhouse and have fun doing it.

The team is coming from 7th March to the 10th March

Pauli is a member of a Clubhouse in Finland.

Annlaug is the Director of a clubhouse in Norway.

We are looking forward to meeting them both.



Inside this Issue:

Page 1 Accreditation

Page 2 Calendar of Events

Page 3 Christmas Over Seas

Page 4 Catering Unit

Page 5 A Broken Heart

Page 6 Remembering

Page 7 Word Puzzle / Interview

January Events

12th Kildare Mental Health Association Meeting at 1pm

13th Bowling and Tea in Toughers

29th Awards Day

January 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Bank Holiday	2	3
4 Platinum Clubhouse Re-opens as normal	5 House meeting Healthy Eating Men's Group	6 Art Class Standard & Employment meeting	7 Creative writing Walking Group	8 Relaxation Crafts	9	10
11 Clubhouse Closed Staff Training	12 House meeting Healthy Eating Men's Group	13 Art Class Standard & Employment meeting Bowling	14 Creative writing Walking Group	15 Relaxation Crafts	16	17
18 Policy Meeting Art Class Walking group Ladies Group	19 House meeting Healthy Eating Men's Group	20 Art Class Standard & Employment meeting	21 Creative writing Walking Group	22 Relaxation Crafts	23	24
25 Policy Meeting Art Class Walking group Ladies Group	26 House meeting Healthy Eating Men's Group	27 Art Class Standard & Employment meeting	28 Creative writing Walking Group	29 Relaxation Crafts	30	31

Christmas Over Seas

Oh to be airborne again across the great blue yonder rise above the clouds and marvel at the shapes and mass as far as the eye can see. Some passengers are sleeping or watching a film im looking for landfall the snow fall on the Canadian Borders is a complete blanket to view the forests and mountains with a Birdseye view. There are tracks to be seen even at this great height a thousand miles of wilderness to be hold.

We bank left and follow the coast line down into San Francisco Airport followed by a train ride into town past the zoo and wildlife park. The city is just as you see it in the films hills and trams it is a real cosmopolitan city with a China Town, Italian Section and a French Quarter. An open top touring bus is a great way to see the sights the queue for homemade seafood chowder was over a mile long. Having changed to walking shoes we headed out of town through the famous parklands with their splendid trees and statues along the coast to the Golden Gate Bridge over and down to the sea where Otis Redding wrote Sitting on the Dock of the Bay. We caught the next ferry to view the bridge and Islands including Alcatraz heading into pier 49 shopping dock with its famous seal colony. The trams are a beautiful sight with all their beautiful decorations through the shopping areas it was Christmas time and the homeless were in town for their charity Christmas dinner my sister and I helped serve dinner at one of the registered points. There was a service in the neighbouring Church we were part of a major Christmas Celebration giving for the homeless. We had Christmas dinner on one of the large Liners cruising around the bay and the Islands it was a lovely way to finish the Christmas Holidays

Paul C



The Reunion

Thomas and Patricia were married with six children, Mary, Breda, Tom, Carmel, Susan and Kate.

When the children were still young, Thomas was killed. A week after the funeral a woman came to the door, saying Patricia wouldn't be able to look after six children on her own a couple of times and she had to give them for adoption, so she hadn't any option.

They all got good jobs, when they finished school.

Mary, Breda and Tom met when they were in university. Tom was a solicitor and Kate went into him to make a will. It turned out they only lived a few miles from each other.

Breda and her husband were in America on holidays, when they met Susan and her husband, who were also just on holidays. Mary met Carmel in a hotel.

The six were together again for the first time in years. It was near Mary's 30th birthday and they were having a party. They were trying to locate their mother to be at the party, but had no luck.

Breda's husband was in Dublin the day before the party when he saw a woman who was very like Breda. He called her over and asked her if she had any children adopted. She said she had. He showed her a photograph he had in the car of Breda, and said "do you know that woman".

Straight away she said "that's my daughter". I've been looking for her and her siblings. He told her about the party and where it was. He said nothing to anyone else.

The following night Patricia arrived at the party. They were all full of happiness and joy.

Patricia D



Catering Unit

Fruit Salad

Ingredients

Syrup

425ml water

180g sugar

Juice of one lemon

Fruit

2 apples

2 Pears

2 oranges

2 Bananas

2 Kiwi Fruit

Green and Black grapes



Method

1. Dissolve the sugar in the water, bring to the boil and add the lemon juice. Pour into a bowl and allow to cool.
2. Wash the apples. Cut in thin slices and put into the syrup. Peel the pears and kiwi fruit and place them in the syrup to.
3. Peel the oranges and cut into segments and add to the bowl.
4. Slice the grapes in half and remove pips before adding them to the syrup.
5. Mix all the fruit carefully.
6. Cover the bowl with cling film and place in the fridge for 1 – 2 hours.
7. Peel the bananas, slice them, sprinkle with lemon juice and add to the salad shortly before serving.

A Broken Heart

Peter Kendrill age 39 years old is a former alcoholic but now he is 5 years off the drink. Peter has a good job in an office. One day a young woman arrives at his job on work experience her name is Sarah Quinn age 24 years old. Peter is given the job of teaching her about the job, Peter and Sarah get on really well she is a good worker and a quick learner. At the office Christmas Party they kiss and the stars in the sky smile down on them, they became lovers and soul mates.

One day at work Sarah tells Peter she is pregnant with his child and if he wants nothing more to do with her that is ok. Nonsense Peter tells her he loves her and wants to marry her which he does. Nine months later her waters break, Peter rushes her to hospital to have their baby. The doctor comes to the waiting room to tell him his wife and baby are dead, Peter falls to the floor in grief. At the funeral his work mates and his family are there for him, Peter takes leave of absence from his job.

At home Peter turns to drink day and night he drinks and cries all the time his heart is broken. One night in a drunken haze he sees his wife and baby by his bed she calls out to him "Peter your wife and baby needs you", and puts out her hand to him. Peter smiles up at her and reaches up to take her hand. His neighbour and the police find Peter dead in his bed a smile on his face. If you look up at the heavens at night you will see three stars close together that are Peter, Sarah and their Baby.

Philip F



Racing 2015

The National Hunt season produced a New Gold Cup winner Coneygree which looks good if his fragile legs hold up. Faugheen won the Championship hurdle in impressive style and looked nailed to win it two or three more, only to get bet by his stable companion at Punchestown in Mid – November.

On the flat Gleneagles won both Irish and English Guineas but looks only a miler on good ground.

Jack Hobbs got compensation for being beaten by his stable companion Golden Horn in the Dante and English Derby by winning the Irish Derby. Aidan O' Brien's Order of Saint George won the Irish st Ledger. Golden Horn added the Pri De L'arc to his English Derby triumph, Found having been second all season defeated Golden Horn in the Breeder's Cup Classic.

Here's looking forward to this year and a few more Irish Winners at the Big Cross – Channel meetings.

Joe G



January Birthdays

James O' C, Damien O' T
Luisa G, Michael O'M,
Adam M, Siobhan D, Barry Mc K,
Mary F, Kevin H & Edward M.



Sandra

Sandra, you are truly the best
And as a student so much blessed

You were welcomed to Clubhouse so
well
And we know you have a mighty future
to tell

For in your company we learned a lot
Of the great personality you have got

Most of all you have a huge heart
And your concern for us never part

A giving lady we all surely know
And in Clubhouse always cherished so

A learned person you surely are
And your future will go far

All we needed is your company in our
lives
To comfort all our daily strife's

So we all say farewell to you in praise
Wish you in your world many happy
days

A delightful girl we all know
And in Clubhouse hate to see you go

Fortune in all your endeavours we say
For you really make our day

Paddy M

Remembering

Rain beating down heavily on my window pane, trees swaying to and fro, look out and the bare trees seem to take on an almost eerie look as claps of thunder are heard far off. Yes we are paying for it now as winter is upon us and the outside doors bang creakily against the wind. It seemed too good to be true, all that fine dry weather. A depression sets in as I look up at the timeless clock on the wall making its tick tock heard. Time stands still for me as I recall all the hustle and bustle of over a month ago. Why has it all to end like this? All we have are the long lonely days and the harshness of January where has all the laughter and fun gone! I try to make sense of it all. Dreary days and nights ahead with only the sound of silence as I drink yet more tea, this has always been my worst nightmare. I cannot fill in all the lonely hours as I sit and listen to the crackling of the radio due to weather storm across the country.

I look at the open fireplace which has to be lit, logs are needed to take away the cold. I must pull myself together and look on the bright side. It may be cold and dreary all over but my heart fills with hope, of tomorrow and a brand new day. Soon we'll be into spring and the darkness beauty there can be in winter as we sit down to a heavenly meal and forget about the long and lonely days. I make a rush for the January sales. All is not lost yet. There are bargains to be got, friends to see and a gratitude list made out for how lucky we all are to have our health and one another.

Frances H



Word Search

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

Apple, Banana, Blueberry, Carrot, Celery, Gooseberry, Grape, Kiwi, Lemon, Lettuce, Mandarin, Onion, Orange, Peach, Pear, Plum, Potato, Raspberry, Strawberry, Tomato, Turnip

This Month's Interview is With

Rose N

Favourite Meal: Bacon and cabbage

Favourite Movie: Mary Poppins

Favourite Sport: None - but I like walking

Favourite Hobby: Music and Knitting.



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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