



Special Olympic Eastern Region Regional Event 2013



The Eastern Region Regional Event was held in Baldoyle Badminton Centre Dublin. I arrived about 10:00 o'clock. I found out after warming up that there was no competitor there that was in my grade. The grade I was in was the highest grade that there was in the Special Olympics.

The organisers arranged to get me some games to keep me warm but as the rest of them got playing their singles games, it was clear that there was no chance of me playing a game of singles. As the games continued on I supported my teammates as they were playing their single's games. I started eating the snacks and lunch that I had brought with me. As the day continued on the rest of my club mates were doing brilliantly in their games getting through to the semi finals and some got through to the finals.

Liam a good friend of mine who got through to the final and when he and his opponent were called for their final match they were not told that it was the final of their division. He got silver in the singles. I received gold in my singles division of the competition.

Jonathan D

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April Events

4th Grand National Draw

17th Commemoration Service

18th Good Friday Clubhouse Closed

21st Easter Monday Clubhouse Closed

25th Employment Dinner

April 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 House meeting Healthy Eating Wellness Day Creative writing	2 Art Class	3 Newsletter team Men's group Walking Group	4 Relaxation Crafts Grand national draw	5	6
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21 Easter Monday Clubhouse Closed	22 House Meeting Healthy eating Wellness Day Creative writing	23 Art class	24 Newsletter Team Walking group Men's Group	25 Relaxation Crafts Employment Dinner	26	27
28 Policy & Standards Meeting Art Class Walking Group	29 House Meeting Healthy Eating Wellness Day Creative writing	30 Art Class				

Springtime

Its time once again now to look after our garden as the days are lengthening for us. There is music all around us as the birds sing and chirp in the trees and in the air above us. There is a great touch of 'Spring' all around as people tend to get up earlier, and we see people jogging everywhere. Children and teenagers are enjoying the lovely mornings as they go to school. April is a great month for flowers and shrubs to appear everywhere. There is digging and raking to be done as we clean up after winter. People take an interest in cleaning up all around their house and garden. It's a spring clean as we look forward to the coming months. There is lots of activity about as the lawns are mown and the flowers are tended to. There is colour and greenery all around as the flowers shoot up with the climate getting drier and warmer. Lots of people love to potter in their flower beds as they try to get rid of their weeds and not to forget to mention the slugs as they try to eat away at the lovely flowers. The patio too needs looking after as the moss seems to appear everywhere. Some people put down a spray to kill the moss and weeds. There is a growth too in the hedges as they too need to be cut back and looked after. It's also a lovely time to start painting outdoors after our harsh winter to brighten up everywhere.

Frances H



Bramble Lodge

Bramble Lodge is our home.
A fond place to call our own
A high support hostel run by the HSE
Where we live to set ourselves free
Two sitting rooms, a dining and bedrooms there.
Cleaned and looked after with care.
Thirteen residents live in our home
United together we are never alone
Domestic and nursing staff look after us all.
With nursing twenty four hours in call.
Doctors call to Bramble once a week.
Prescribe meds and rehabilitation, quite unique.
We live in comfort and get along well.
With a good future to tell.
Men and women with a house to share.
Living and surviving with much care.
Our basic needs done by ourselves each day.
And each resident has their say.
If needed each person gets a helping hand.
Life in this place is just grand.
People with psychiatric illness live here.
With love and care to conquer their fear.
Generally residents happy living away.
And contented with their stay.
We get rehabilitated for outdoor life.
Helps us cope with daily strife.
Get fed well with a menu each day.
And food is prepared without delay.
Life in Bramble is just fine.
And make the best of our time.
United with care nothing can go wrong.
A to live in peace and happiness we long.

Paddy M

CATERING UNIT

Omelette

Ingredients

4 Eggs

Vegetables of your choice (example: Onions, peppers & mushrooms)

Can add ham / rashers if you like

Salt and Pepper

Oil for Frying

Cheese if you like



Method

- Chop your vegetables and fry in a frying pan until soft.
- Mix eggs together with salt and pepper (use whisk or fork)
- Pour egg mix over vegetables in frying pan. Cook gently until bottom of omelette starts to cook.
- To cook top of omelette, put frying pan under grill, keep handle sticking out of grill.
- Omelette is cooked when there is no more runny egg in the middle.
- Add cheese at the end and grill till tis melted.

Singing in the rain in the rain the new Irish National Anthem/ poem

We are singing in the rain like we always do because we live in Ireland,

We are, singing in the rain sure what else can we do because we live in Ireland

We are dancing in the rain because we live in Ireland

We are singing and dancing in the rain because we are here in Ireland

I once was asked why we were singing and dancing in the rain and all we could say was because we live in Ireland. So we say to every one out there come on and we will sing and dance in the rain because we live in Ireland

So we are singing and dancing in the rain because we live in Ireland

And in the past they have all asked the same question why we were dancing and singing in the rain and we would just say no we're not mad because we are just singing and dancing in the rain because we live in Ireland.

James P



Spring

Spring is my favourite time of year we see new life all around us from newborn lambs to flower bulbs, plants starting to bloom. The days are getting longer and warmer.

The dark depressing days of winter are finally over.

Easter comes and brings those of the Christian faith the promise of The Resurrection. On Easter Sunday children and adults alike tuck into their Easter eggs and other goodies.

I wish you all the very best this spring and a very happy and healthy Easter.

John F



April Birthdays



Michael T, Caroline Mc K, Pierce O' C, Paul C, Pat L, Aodhan O D, Helen R, Philip L, Stephen D, Niall O' F, Eileen C, Ann M, James K, Michelle F, Richard H, Derek C, Deborah S.

I would like to take this opportunity to offer my gratitude and thanks to both members and staff of Platinum Clubhouse for the valuable experience and warm welcome I have received over my five weeks work placement.

The five weeks have flown by, which have been full of positive encounters. Each member of the clubhouse has given me knowledge about mental illness and how stigma has affected their lives over the years in a very relaxed environment. All the members and staff together have contributed to making me a much better worker in countless ways.

My eyes really have been opened to how a very different and worthwhile service the clubhouse is. I hope everyone has benefited in some way from my presence in the clubhouse. I will definitely be back in the very near future to see everyone.

Thanks Again,

David C



True story

Rob & Adam were at school together and great friends. Rob's family were wealthy. He retired early from work and started drinking.

Adam started going into the pub after work, and not going into work unless he was low in money. Before too long they were both alcoholics. Rob's family were no longer wealthy. He had squandered a lot of money.

Rob got sick, but was still able to drink, although he couldn't go to the pub. His wife used to bring him home drink. He died from drink.

Adam got a different boss who called him aside and told him to cut out the drink. If he didn't he would lose his job. He offered to help Adam but Adam said he'd do it himself and he did.

Adam was surprised at how much he saved. He bought a new car, got a girlfriend and that is 20 years ago and he is still off the beer.

Patricia D

*Happy Easter
From
Everyone in
Platinum Clubhouse*



Word Search

C	L	I	V	Y	D	A	W	E	L	E	N
D	E	B	R	A	I	N	Y	A	S	G	T
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Amy, Adam, Bobby, Brian, Clive, Cora, David, Dawn, Eileen, Ellen, Fran, Fred, Gay, Gerry, Harry, Hugh, Ian, Ivan, Jane, Joan, Kate, Kay, Liam, Mark, May, Nora, Olive, Paul, Rose, Tom,

By Patricia

This month's interview is with

Maciej

Favourite Meal: Quiche and salad

Favourite Movie: Avatar

Favourite Sport: Cycling

Favourite Hobby: Playing on PS3

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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