



## NEW BRIDGE

### Platinum's Day Trip to Tullow Co. Carlow

The day began at 9am with a bus trip down to The Chocolate Garden of Ireland. The factory is situated between Tullow and Shillelagh in South West Wicklow.

We saw a video of the history of chocolate making with the workers collecting the cocoa beans and then transforming them into chocolate.

After the video we all got a plastic mould in the shape of a dormer bungalow. The moulds were filled with melted chocolate and put in the fridge. This was a very enjoyable experience & heaven for any chocoholic as we all got a sample of chocolate.

When we were finished in the Chocolate Factory we walked to the nearby Rathwood. Rathwood is a very impressive garden and furniture centre incorporating a restaurant. I was very impressed with the centre as I could browse for anything for my kitchen or garden. It also incorporated a clothing section. I thoroughly enjoyed the visit.

Then lunch time arrived so we headed back to the bus and drove to Mount Wolseley. The grounds were amazing on approach up the large acreage of golfing grounds surrounding the Hotel.

On arrival we were shown to a pre-booked room exclusively for Platinum Clubhouse. The room was beautifully decorated with covered seats. Each table had a specially customised menu welcoming Platinum Clubhouse to Mount Wolseley.

I really enjoyed my meal and chatting with other members.

We then got the bus back to Newbridge and then made our own way home.

The trip was a great day out. I'd love to go back again soon.

The weather was lovely on the day. Thanks to the Club for a great day out.

**Sheena H**



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### August Events

**4<sup>th</sup> Bank Holiday  
Clubhouse Closed**

**29<sup>th</sup> Employment Dinner**

# August 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Relaxation Crafts	2	3
4 <b>Bank Holiday Clubhouse Closed</b>	5 House meeting Healthy Eating Wellness Day	6 Art Class Standard& Employment meeting	7 Newsletter team Men's group Walking Group	8 Relaxation Crafts	9	10
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## Visit to Camphill

Today the young adults group went to Camphill in Kilcullen. Camphill is an organisation that works with individuals with intellectual disabilities. There are four residential units on site. There is also a coffee shop, an organic vegetable shop, a weavery and a small bakery. All the products from Camphill are sold in the shop and used in the cafe. They work in large organic farms. They grow all sorts of berries, fruits, and vegetables. We met Siobhan who showed us around. We took the newly built nature trail which follows the river all around the whole site. They had a number of different animals including pigs who were pink and black. The geese were mad and trying to get out. They were white and very colourful and also babies of the geese. The hens with the funny heads gave us a great laugh and looked like Elvis Presley. The trail is marked out with signs about the different trees and animals explaining what it is.

There are lots of areas to sit on the trail. They have made lovely benches for going on picnics and a small barbecue area. The young adults group would recommend it as a good place to go on a trip.

### Young Adults Group



## Gardening Project`

In May 2014 Platinum community have undertaken a new venture.

Much thanks and appreciation to our local youth community F.A.S project, they have given up a garden plot at their premises. The community unit have taken charge of this venture, many members help out, and we have had all donations so far.

The top soil, manure, peat, peat moss, garden tools, herbs etc have all been donated. Philip, Joe, Mark, James, Michael, Pat, Mary all helped under the leadership of myself and Breda. So far they have planted many herbs example Parsley, Mint, Thyme, Chives, and Strawberries etc.

We use the herbs in our catering unit; we more or less could call this plot the donation plot.

We will keep you updated on our progress.

**Paul C**



## CATERING UNIT

### Paul's Delights



#### Ingredients:

275g/10 oz butter

150ml/ ¼ pint golden syrup

225g /8oz Good Quality chocolate

½ x 400g packet of digestive biscuits

½ x 400g packet of rich tea biscuits (roughly crushed)

125g shamrock nuts (almond)

2oz smarties

2oz marshmallows

1 packet malteasers

#### Method:

1. Line a 6 inch round cake tin with a double layer of greaseproof paper.
2. Melt the butter, syrup and chocolate in a pan over a low heat.
3. Stir to make sure all the ingredients are mixed well together.
4. Add the biscuits, malteasers, smarties and marshmallows and nuts if used.
5. Transfer to prepared tin. Level it on top and press down well to avoid “air gaps”, allow to get cold and hard.
6. Wrap completely in greaseproof paper and store in the fridge.
7. Decorate with smarties on top

## Killen Thomas

Through this forest I long to be,  
Where I find peace and serenity,  
Far away from a world of strife,  
Its beauty strengthens my inner life,  
On its walk I wander through,  
Forget about pain my mind renew,  
Far away from a boring routine,  
So on my walks I set the scene,  
Just nature and myself to explore,  
My heart at ease in a forest adore,  
A peaceful habitat and myself alone,  
While through its walk I roam.

Blue bells peep lavishly along,  
Its inner beauty cannot go wrong,  
While the snow white garlic such grace,  
Making everything a beautiful place,  
Like a magical garden in my mind,  
Waiting there for me to find,  
On this summers day forest and I,  
My very world question why,  
My peace of solitude forever mine,  
Protecting and consoling for all time,  
What a hiding place what such fun,  
It is of you my heart is won

**Paddy M**



## Childhood Memories

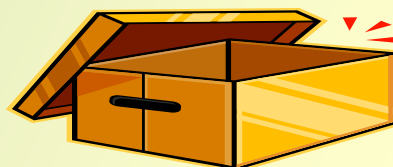
There was a tank of water in the school yard. It was covered with ice. Johnny said "I am the lord" and stood on it. When he got wet he was blaming the other children.

Anne and Patricia were rooting in a shed. They found some half tins of paint and brushes. They brought them and a hen into the back kitchen and painted it different colours. They did likewise to more until their granny caught them.

Joan was a toddler. She was sitting in a cardboard box when a neighbour walked in and pulled the box. From then on Joan was afraid of her life of him for years.

Paddy and Oliver were arguing at school. Oliver's brother went over and said "You leave my brother alone or you will be sorry". Paddy's brother went to them and said "leave my brother alone" and knocked him to the ground. The teacher saw this and he went out and expelled Paddy.

**Patricia D**



## August Birthdays



Tom L, David R, Michael B,  
Jonathan D, Robert C.

## Finding Oneself

It's not always easy to find oneself in life. Sometimes we go down wide and narrow roads and wonder which one to take. At times it all seems uphill and too hard to climb and we are not able for it, other times the road seems easier to climb and we wonder what we were fretting about in the first place.

Like our minds we worry a lot with difficult situations like money, bills and how to pay them, anxiety about everything almost and then we get depressed. Life is taking its toll on our bodies we get sick both inwards and outwards with all kinds of ailments. We feel out of control with everything. How can we fix things or go back to being ourselves?

Its going to be tough but we must never give up on ourselves. For instance like the song "We are a child of the universe", no less than the trees or the stars, we have a right to be here. Yes the universe may seem vast to us and all we need to do is to reach out a hand or two and we'll never feel lost. We are all equal in God's eyes and we have a right to find inner peace and happiness amongst ourselves.

It's not always easy to say or do but somehow we find that strength within us and we try to get out of the turmoil we are in. All is not lost, we can find the power of positive thinking and each day; give ourselves a pat on the back, and a little space to feel alive again.

The darkness will go away we will survive again and hopefully find our true selves in life.

Frances H



## The Summer We Love.

Scarlet flame of the poppy blowing gently in  
the summer breeze

Skies so blue and vanilla white clouds all in a  
wave

As the kestrel hovers and hangs high above  
the ground below

With its pinpoint accurate eyes looking out for  
prey

Soon it will dive on its target dropping at such  
a speed it leaves no hope

For its victim.

Summer days are apt to linger in June  
A heatwave of sorts is this present time  
Tremulous daisies are scattered here and  
there on the river banks

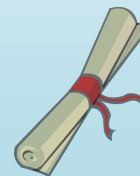
Makes a wonderful spectacle to the eye  
Its time to get the bike out in such fair  
weather

Down by the Hawthorne trees small obscure  
fairies are all merriment  
And magic shaking their golden hair all  
illuminated in the suns rays

Who would dare to intrude upon their games  
in the height of summer?  
Ponies' nod their

heads in fields nearby while newts dive into  
the deep blue  
Ponds. In the dead heat of summer we throw  
away our worries for the time being.

Congratulations to  
Paul C and Michelle F  
For completing their Advocacy  
Course



## ***Birthday Photos***



***Teresa***



***Breda***

This month's interview is with

**Teresa A**

Favourite Meal: Roast Dinner

Favourite Movie: Thrillers

Favourite Sport: Horse racing

Favourite Hobby: Bingo



## 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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