



# NEW SBRIDGE



# Merry Christmas



To  
All our members  
And  
A Happy Healthy New Year

## Opening Hours over Christmas

Wednesday 24<sup>th</sup> Dec (Christmas Eve) 11am - 2.30pm

Thursday 25<sup>th</sup> Dec (Christmas Day) Community Group

Monday 29<sup>th</sup> December: 11am - 2.30pm

Wednesday 31<sup>st</sup> Dec (New Years Eve) 11am – 2.30pm

**Clubhouse Re-Opens on Monday 5<sup>th</sup> January  
2015**



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### December Events

4<sup>th</sup> Shopping trip to Dublin.

12<sup>th</sup> Mulled Wine Morning.

23<sup>rd</sup> Christmas Party.

## December 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> Policy Meeting Art Class Walking group Young Adults Group	<b>2</b> House meeting Healthy Eating Men's Group	<b>3</b> Art Class Standard& Employment meeting	<b>4</b> Creative writing Walking Group	<b>5</b> Relaxation Crafts	<b>6</b>	<b>7</b>
<b>8</b> Policy Meeting Art Class Walking group Young Adults Group	<b>9</b> House meeting Healthy Eating Men's Group	<b>10</b> Art Class Standard& Employment meeting	<b>11</b> Creative Wring Walking Group	<b>12</b> Mulled wine	<b>13</b>	<b>14</b>
<b>15</b> Policy Meeting Art Class Walking group Young Adults Group	<b>16</b> House meeting Healthy Eating Men's Group	<b>17</b> Art Class Standard& Employment meeting	<b>18</b> Creative Writing Walking Group	<b>19</b> Relaxation Crafts	<b>20</b>	<b>21</b>
<b>22</b> Policy Meeting Art Class Walking Group Young Adults Group	<b>23</b> Christmas Dinner	<b>24</b> Christmas Eve Opening 11am – 2.30pm	<b>25</b> Christmas Day	<b>26</b> Clubhouse Closed	<b>27</b>	<b>28</b>
<b>29</b> Clubhouse Open 11am – 2.30pm	<b>30</b> Clubhouse Closed	<b>31</b> New years Eve Clubhouse Open 11am-2.30pm				

## Young Adults group

Its hard to believe it's December and it's the start of the silly season. The young adults group are planning their Christmas social which they hope to have on Thursday the 18<sup>th</sup> of December. We are going to get the cinema deal with Judge Roy Beans. It has not yet been decided what film we will choose to watch. The F.A.I. tournament is going really well. On Thursday the 20<sup>th</sup> we played in Carlow. We won the two matches. On the day the group brought a packed lunch with them. They had a good day. The group decided they would do I.T. support. A person from the group would show the other members how to use the computers, search the web. It was a good idea suggested by the group. The group said that they would outreach the other members from the group to tell them about the football and when its on and what's happening. The group have also been doing baking for the other members once a week by cooking different types of deserts. The blog is being updated with all the upcoming socials that happen like bowling, cinema, day trips and employment dinner, Halloween party and the football. When the post is done up on the blog it is then published. A face book fan page has been set up and has got 100 likes. It is being checked and is going well. We had a talk with Angela Mahon on Wednesday 10<sup>th</sup> November to talk about social media. Each of us got a chance to talk about social media and what we thought about social media and what the downside of it is. We found the talk was very interesting and useful and to know what social media is. It was a good talk as we understood the questions very well and also listening to what Angela was saying. I do think this will help us learn more about it and to be careful while using social media. The young adults group would like to wish the other members a Merry Christmas and a Happy New Year.

**Michelle F**



## **Christmas Memories**

Some of my memories of Christmas are vague, and others remain clear in my mind. One such memory is of a Christmas a long, long time ago when we were all very young. There were eleven of us altogether, and we lived down in a small village named Kilkea Village. The village consisted of eight rows of houses each different in their own way. We lived in the middle with the O' Brien's one side, and the O' Neills on the other side. There was also a shop there along with a Protestant Church, and a rectory.

We had a great upbringing, and many happy Christmases there. Most of us were young and one of the neighbours, the Curran's had a horse and cart which our parents would travel in to get to Athy for Christmas Shopping. It was a great novelty, and we would be left at home to be minded by neighbours. Santa always came to us all down the chimneys, and we always had a little squabble over who got the best toy or best annual. Even though we were poor and had not got a big house we were never in need of anything, and we were loved very much. The aromas of our mother making the Christmas cake and Puddings and preparing for the Christmas dinner will always stay with me. Everywhere would be cleaned, and the lovely Christmas holly would be hung over the pictures on the wall. We had a long settee in the kitchen which at night was made into a settee bed where at least six of us slept. We were a very happy family and lived there for many years. My father at the time worked for Lord Kildare, who was wealthy and had a lot of money. My father got on very well with this man, he (Lord Kildare) was over the building of three County Kildare houses near Kilkea Castle and the other two were near a woodland area. He offered my father a house attached to some land or some money when he realised our house was too small for us all. So we got first preference. My father of course picked the house, which was like magic to us all. At last we had a three bed roomed house. All our Christmases had come at once; we had got our dream house. Santa really is magic after all.

**Frances H**



# CATERING UNIT



## TRADITIONAL CHRISTMAS CAKE RECIPE



### Ingredients:

9 oz. Plain flour	¼ level teaspoon of salt	1 level teaspoon of mixed spice
12 oz. Stoned raisins	12 oz. Sultanas	12 oz. Currants
2 oz. Chopped candied peel	3 oz. glacé cherries, quartered	8 oz. Butter
8 oz. Soft brown sugar chopped	4 eggs, lightly beaten	2 oz. Almonds blanched &
1 ½ level tablespoons of black treacle		2 tablespoons of Brandy

Preparation time: 30 minutes

Cooking time: 4 hours

Oven setting: 300° F: Gas Mark 1 ½



### **Method:**

Line the base of an 8 inch, round cake tin with a double layer of greaseproof paper and then tie a double band of brown paper, 1 inch wider than the depth of the tin, around the outside. Sieve the flour, salt and spice into a large bowl. Cream the butter and sugar until pale and creamy. Beat in a little egg at a time.

Stir in the treacle, then the flour, dried fruit, peel, cherries and almonds. Turn the mixture into the prepared tin and bake in a cool oven for three hours, reducing the oven to very cool for a further hour, or until a skewer inserted into the centre comes out clean.

Leave the cake to cool in the tin for 10 minutes and then turn it out onto a wire tray, removing the paper.

When almost cold, turn the cake upside down and pierce with a skewer and spoon the brandy over it. When completely cold, wrap in greaseproof paper and foil, or store in an airtight tin.

**TIP:** the cake has an opportunity to mature if made at least one month before Christmas.

## Christmas Tips

- Advance planning is the key to a smooth running Christmas.
- Remember what you've bought, if you buy presents through the year. Make sure you keep a list of what you've bought and who it is for. This saves buying a present for someone you've already bought one for.
- Avoid a stressful scrum by planning ahead. Make a list and try to buy non perishable items on a normal shopping trip in advance. Things in tin or packets will happily keep in the press.
- If you hate Christmas shopping, you should treat it like a military operation. Compile gift lists noting which shop to get them in. You could even plan your route to ensure that the heaviest items were bought towards the end to avoid carrying stuff around too long.
- Brainstorm all the yuletide jobs you need to do, then put them on your notice board, and don't forget to allocate them to the children. Get them involved. Have a count with final dates and always give yourself an extra day to get everything done.
- Get the card list out and write up as early in December as possible, even if you don't send them till nearer Christmas.
- Always buy plenty of indigestion tablets and a cold remedy and a few small extra presents for the people you forget! And for the perfect Christmas, always have a smile at the ready.

**Patricia D**



## The Snowman

There you stand on the hill  
As white as white can be  
You stay so calm and still  
And never complain to me  
In fact you are fun  
When I see you standing there.

When winter is over and done  
You will vanish into thin air  
A carrot is for your nose  
With buttons for your eyes  
There you are in the winters pose  
Made from snowflakes from the skies  
Stay with me forever more  
My treasured friend.

But you will melt to the shore  
And that will be your end  
I will wait patiently then  
Till next winter comes its way  
And I will build you up again  
On a snowy, snowy day.

**Paddy M**



## December Birthdays



**Patricia B, Ruairi Mc D,**

**Joe G, Colm R, Ann L, Declan K**

**Maciej, Christy D, Shay D, Brian H,  
Shane T, Clive C & Kate W.**



## Christmas Memories

The way things have happened in this life have reminded me of when I was young at Christmas. I found when I was young a bag of presents on Christmas Eve. There was a letter from Santa asking to me to deliver the presents to the people on my block. I set out with a bag of presents to other houses and found that Santa had left the doors open to each house as I went along to each house. I also found that the sack only filled as I went to the right houses. I went into each house and put what was left in the sack by Santa under the Christmas tree. I also took the cookies and milk along with the treats for the reindeer and put them in the bag for Santa.

As I came back around to my house I saw a person standing in the middle of the road. This person was dressed all in red and white. It was Santa. He thanked me for giving him a hand in giving out the presents as at the time his sleigh was stuck and would not fly because one of his reindeer were injured. I thanked him for letting me help him and put the bag in his hand. I then found out from him that I was his long lost son. I have now taken over the family business and love the daily job of helping out in the elves workshop. I have a loving wife, two beautiful children. Twins one boy and a girl. I have the best Father in the world in the old Santa Claus. You are probably wondering what my name is, well it is Nicholas Pere Noel.

**Jonathan D**



## Santa Sue

Santa was gran'ta a visa  
To visit them all down in Oz  
Now he was terribly worried  
About them all back in Lapland because  
If he brought all the snow with him down  
under  
Australia might melt all his store  
And then if he returned to find nothing  
Would he have the time to make more  
His sleigh only moved on white snow  
So Aus was a problem he knew  
So he just took the darn visa  
But then he just thought he might sue!!!

**Lydia A. F**



# The Magic of Christmas

All the beautiful stories told about Christmas help to make it the magic that it is, especially stories involving birds, animals and flowers. For instance, legends tell us of the raven being the first bird to know of the birth of Jesus. Apparently he was flying over Bethlehem when he heard the angels singing of a newly born infant. The cockerel also became aware of the good news, and proclaimed it to the world by crowing throughout the night. Ever since cocks are believed to celebrate the Nativity by crowing frequently during

Christmas night.



Perhaps the most beautiful story of all is the ancient belief that animals kneel facing the East at midnight on Christmas Eve, and for a short time are given the power of speech



## This month's interview is with

**Martina D**

Favourite Meal: Bacon and Cabbage

Favourite Movie: R. V (Robin Williams)

Favourite Sport: Ice Skating

Favourite Hobby: Knitting, Cooking & Arts and Crafts



## 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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