



# Merry Christmas

To  
All our Members Staff  
And Their Families  
And  
A happy healthy New Year

## Opening Hours over Christmas

Tuesday 29<sup>th</sup> December 11am – 2.30pm

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

Clubhouse Re-opens on Monday the 4<sup>th</sup>  
January 2016



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### December Events

8<sup>th</sup> Bah Humbug  
Drama being held in Clubhouse by  
Carnation Theatre

11<sup>th</sup> Mulled wine all family Welcome

16<sup>th</sup> Christmas Party  
in Osprey  
12.30pm-4pm

Christmas Party in  
Platinum Clubhouse

## December 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 House meeting Healthy Eating Men's Group	2 Art Class Standard & Employment meeting Ladies group	3 Creative writing Walking Group	4 Relaxation Crafts	5	6
7 Policy Meeting Art Class Walking group	8 House meeting Healthy Eating Men's Group	9 Art Class Standard & Employment meeting  Ladies group	10 Creative writing Walking Group	11  <b>Mulled Wine All Family Welcome</b>	12	13
14 Policy Meeting Art Class Walking group	15 House meeting Healthy Eating Men's Group	16 <b>Christmas Party Opsrey 12.30 -4.00</b>	17 Creative writing	18 Relaxation Crafts	19	20
21 Policy Meeting Art Class Walking group	22 House meeting Healthy Eating Men's Group	23 Art Class Standard & Employment meeting Ladies Group	24 <b>Christmas Eve Clubhouse Closed</b>	25 Christmas day	26	27
28 <b>Clubhouse Closed</b>	29 Clubhouse open from 11am – 2.30pm	30 <b>Clubhouse Closed</b>	31 Clubhouse open from 11am – 2.30pm			

### A Time to Reflect

Christmas time once again oh what joy as the carols sing out in chorus "We wish you a Merry Christmas". What a happy time for all and each of us as we count down the last few days of Christmas. It's a time of giving and receiving, a time to put aside our grievances and differences as we wait for the birth of Jesus Our Lord and saviour. The Christmas spirit is all around as shopping is done and gifts bought for our loved ones and friends. It can be a very difficult time for some as they remember their loved ones who have passed away. It can be a lonely time too and we may find it hard to motivate ourselves and to get into the spirit and activities of Christmas. Some families come home for Christmas to be with their loved ones over the festivities. It can be a very joyous time as we wait for and unwrap our presents we bought for one another, and of course we have to check if Santa came down the chimney to eat the Christmas Pudding and drink left out for him, and carrots for his reindeers. There is great excitement for the children to see what Santa brought for them, especially if they are good and go to bed early. We reflect on Christmas and focus on what its all about as some receive the sacraments of confession and attend mass over the Christmas. We look at Jesus in the crib and his mother Mary and Joseph his father, and see the wonder of it all as the magi bring gifts of gold, Frankincense, and Myrrh. Carols are sung all over and later on we sit down to a fabulous meal of turkey and ham dinner followed by all the trimmings. Crackers are pulled and wine may be drank for the special dinner. We thank God for all that we have as we remember our homelessness and people who may not be so lucky as ourselves to have food and families at Christmas Time. Games and activities are played throughout the day with the children and if we are lucky to get snow, a snowman is made. Families have fun and go and visit one another. Afterwards the supper is prepared as we sit down to yet another meal, or just a few sandwiches and a cuppa. Usually games of cards can be played later on or we just relax and watch television for the evening. It can be a long day especially for the children as they may get tired after the full day. It's good to have a plan for the day so that they get a rest at some part, or go to bed early. It's a time for partying and celebrations as we all get together and ring in the New Year. Happy Christmas everyone.

**Frances H**

### Santa Claus

Santa Claus is on his merry way  
For each and every lucky child  
He will travel on his speedy sleigh  
Through all the snow barren and wild

Rudolph with his big red nose  
Will carry Santa Claus without fail  
For Father Christmas clearly knows  
Each and every hill and dale

Down the chimney Santa will go  
With the greatest of expertise  
Any chimney Santa can undergo  
With many gifts for all to please

All the reindeers pull the sleigh  
With much magic speed cannot go wrong  
When gifts are open on Christmas Day  
A happy child Santa so much long

From the North Pole Santa comes from  
Where his elves makes all the toys  
In Santa's kingdom nothing goes wrong  
With gifts for all the girls and boys

Like magic Santa can appear  
Once second here and one second there  
All children Santa holds so dear  
And likes all the kids toys to share

So sleep tight each one of you  
And dream and dream of Christmas day  
Santa loves you through and through  
In his very own special way.

### Paddy M



# Catering Unit

Once again we have arrived at that time of year when Christmas becomes a reality to us all, especially those people who like to make the Christmas cake, pudding and mince pies. We in the catering unit at this time will be making a few decisions about our Christmas plans. At the moment, the members who take an active part in this unit are very busy. We cater for an average of between 29 to 40 dinners per day. We in the Catering Unit hope that you will try our recipe for a traditional Christmas Cake.

Enjoy and happy Baking.

## TRADITIONAL CHRISTMAS CAKE RECIPE

### Ingredients:

9 oz. Plain flour                      ¼ level teaspoon of salt  
1 level teaspoon of mixed spice  
12 oz. Raisins                          12 oz. Sultanas                      12 oz. Currants  
2 oz. Chopped candied peel      3 oz. cherries,                      8 oz. Butter  
8 oz. Soft brown sugar              4 eggs, lightly beaten  
2 oz. Almonds blanched & chopped  
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 2 weeks before Christmas.

If not eaten the waist line will improve

## Christmas Time

I remember all the different items about Christmas and all of the different smells of Christmas. Everyone would sit around a log fire and drink eggnog and mulled wine. They would eat mince pies and Christmas cake and pudding. We would put up the Christmas tree with its smell of pine and the Crib. You would decorate the tree and the rest of the house. You could smell the baking that was coming from the kitchen with the Christmas dinner being cooked all of the different smells that came with them. The smell of the Turkey, Ham, Potatoes, Carrots, Brussel Sprouts and many other lovely food smells. All of these remind me of Christmas.

**Jonathan D**



## Childhood memories of Christmas

Two friends got together to talk about Christmas in their childhood. Both remembered this was the baby Jesus day the most special day of the year. Both remembered the toys that somehow got down the chimney on Christmas Eve Night.

The toys we got were cowboy suits. They called this friend the Sundance kid. The other had an Indian outfit and was called Geronimo. One of us also had a stagecoach.

Books were a great favourite with us. Hotspur, victor, dandy, beano, Lego and jigsaws were great favourites of ours. One of our sisters had a teddy bear pram, dolls and dolls houses.

We decided to pick our favourite toy. One boy picked the train set. The other boy picked a stagecoach with horse and baggage. This year we both asked the baby Jesus for peace in the world, for blessings for all our friends and may you all have a very very happy Christmas and new year.

**Philip F and John F**



### December Birthdays



*Patricia, Ruairi, Joe, Ann,  
Declan, Maciej, Christy, Shay, Brian,  
Shane, Clive, Kate, Peter,*

## The Secret of Life

The secret of life is to not give up, easier said than done you say, but are you right. We could all go into a room close the door draw the blinds and lie in a bed and let life pass us by, here are six reasons for not giving up on life.

1. Life is beautiful it is a gift to us from God we must not give up on life enjoy it while we can and for as long as we can.
2. A person who is sick in hospital does not give up, they believe the treatment they receive will make them well.
3. The members of Platinum Clubhouse have not given up on life they are here to make a better life for themselves.
4. The Mayo football team have not given up they still believe they can win an All Ireland with the wall of Dublin in the way.
5. Our parents did not give up in short times of money recession etc, they reared us.
6. We are Irish and down the years we have endured famine, the loss of our lands and homes. Crooked Politicians and bankers, emigration etc we never give up.

Remember when we enter a dark tunnel there is always light at the end of it.

Famous people who never gave up –  
Bob Champion, Nelson Mandela,  
Martin Luther King and Paddy M.

**Philip F.**



## Finland Visit

My journey began on Sunday to go to Helsinki in Finland to do my second accreditation visit. The Helsinki Clubhouse had arranged to meet me and my colleague Annlaug who was from a Clubhouse in Norway on arrival. We were greeted by the Director of the Clubhouse and a member at the airport. We made our way to the hotel which was fairly close to the Clubhouse four stops away on the train as I would call it but their term was the metro. The local transportation was very good and we used this every morning and evening to travel to and from the Clubhouse. Throughout the four days of the visit the clubhouse was very friendly and helpful with any information I needed. The members there were very proud of their clubhouse. I would say like our own Clubhouse Platinum they were nervous about how the Accreditation would go and didn't want us to think that their Clubhouse was doing anything wrong. I reassured some of them in telling them that they weren't doing anything wrong regardless of what the report would say. This seemed to relax them a bit. They had a good system where they kept all instructions on how to carry out the task for every job in the Clubhouse. I thought that this was a great idea for members that were unsure on how to do certain things or even perspective members joining the Clubhouse. Overall they had the Clubhouse spirit within the house but were still growing as a Clubhouse, and eager to learn how to improve. It was a nice experience for me to be a part of their community. The hotel in which I stayed had nice rooms, a place for doing the report in reception. I had to be up each morning at around 6.15 am in order to get ready and have breakfast and travel to the Helsinki Clubhouse. In the evening I had dinner with Annlaug and then the two of us would work on the report. All and all it was an excellent experience and a place I would defiantly return to. I am looking forward to doing another one next year sometime who knows where that will be.

**Patrick F**



# Word Search

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

Advent, Angel, Berries, Born, Christ, Cracker, Elves, Family, Friends, Gift, Goodwill, Happy, Holy, Hymn, Jolly, Lights, Merry, Mistletoe, Nativity, Ornaments, Party, Red, Rudolph, Shopping, Singing, Sleigh, Star, Trimmings, Visitors, Wreath,

This Month's Interview is With

Debbie R

Favourite Meal: Chicken Curry

Favourite Movie: Frozen

Favourite Sport: Kayaking

Favourite Hobby: 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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