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NEWSBRIDGE



Happy New year to all our readers

Happy New year from all at Platinum Clubhouse. Now that all the turkey and ham is gone we would like to welcome everyone back after the Christmas and New Years break. Already we are busy planning for the New Year ahead and looking forward to it.

The Young Adults Group should start to get in progress for all clubs as soon as possible. All young members are encouraged to get involved in the group and have a say in wherever your interests lie. So let's organise a meeting for all clubs to discuss a plan.

The wellness programme is busy now trying to get rid of the few Kilo's gained over the Christmas

That's all for now. Just to say hope all the new years resolutions are going well and people are sticking with them. Once again, Happy New Year from all in Platinum community

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January Events

15th Mid week Social to cinema

24th Club Forum Sub group meeting.

30th Risk Assessment meeting

31st Employment Dinner

January 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	NEW YEARS EVE OPEN All welcome	1 NEW YEARS DAY CLOSED	2 <u>Clubhouse</u> <u>Men's Group</u> Walking Group Newsletter Team	3 Relaxation Crafts Discussion Group	4	5
6 Policy Meeting Art Class Walking group Journeying forward class	7 House meeting Wellness Day Kildare Men's group Creative Writing	8 Art Class Ladies group Standard & Employment Meeting	9 <u>Clubhouse</u> <u>Men's Group</u> Walking Group Newsletter Team	10 Relaxation Crafts Discussion Group	11	12
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A New Year

Now that the festive season is behind us we are looking forward to a new year, a year of resolutions and hopefully a year of opportunities for us all. I feel we all try to make too many demands upon ourselves, we decide to do this course and that course, start to diet and loose those extra pounds we put on over Christmas. We forget to be happy in ourselves; we feel we need to keep going no matter what. We don't have time to stop and think or even talk to our next door neighbour. We become anxious and lonely and depressed. Some of us feel life isn't worth living as we become moody and our attention is all about ourselves as we become introvert. The nights are dark and long. We think springs will never come, or even see the light of day. What a lot of us forget is we need one another to feel good about ourselves. Our next door neighbour is there for us if only for a chat. The old and lonely are there too with lots of wisdom to give to us. Life is for living for each one of us. We need one another on our journey. Life is and can be worth while. All we need to do is to reach out to that person. It is always good to keep the mind active and do a course, but also we need exercise and fresh air to clear our heads. We become less anxious and our health improves as we see the beauty that God created all around us. We look forward to the coming of spring, the freshness of a lovely morning as we encounter new growth of flowers. We feel we are in harmony with nature. So instead of feeling rejected let us look forward and be positive in ourselves as we face this New Year, and a 'Happy New Year to all'.

Frances



Lena, Our Supremely Jack Charlton Like Housekeeper

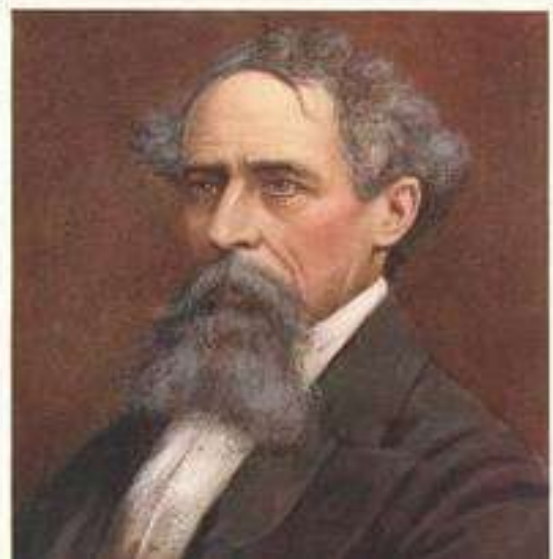
Magnificent Charles Dickens style Lena worked daily in our home,
Kept it surgically, St Brendan, like ship clean,
Kept an eye on us where ever we did roam,
And most of the Trojan Liam Griffin style work un seen.

Preparing the Gordon Ramsay and Ainsley Harriett style food with loving Attention, helping us at work, like Christopher Columbus and play, open minded to the latest Edison invention, at the shed put in a Sir Anthony O Reilly style day.

Had a soft spot for Mary Black, and an enthusiasm for Gay on the wireless, a shoulder for young Glen Ryan's could lean, helping us Kevin Sheedys she was tireless.

Her Lloyd George grandchildren were a real passion, she was as graceful as a Michael Collins flying dove, for Lena Maria Montessori instruction was always in fashion. I feel privileged to have gotten the best of her St Bernadette type love.

Niall D



CATERING UNIT

Chilli con carne

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You will need:

1 Tablespoon cooking oil
1 oz butter
2 medium onions finely chopped
2 cloves garlic crushed
4 oz bacon trimmings
1 ½ lb stewing steak
2 ¼ oz Tomato puree
¾ pint water
Salt & Pepper
½ to 1 level teaspoon chilli powder
16 oz. can red kidney beans, drained

Preparation Time 15 minutes

Cooking Time 3 Hours

Heat oil in a pan; add butter and fry onion and garlic until soft and pale golden brown. Remove from pan and put to one side.

Cut bacon into ½ inch pieces and steak into ¾ inch cubes. Add to pan and fry until pale golden brown.

Replace onion and garlic in the pan. Add tomato puree, water, salt, pepper and chilli powder. Bring to the boil, cover, and let simmer for 3 hours

Add the kidney beans and simmer for 10 minutes. Adjust seasoning.

Quick tip

If you have difficulty in getting red kidney beans use a 16 oz can of baked beans in tomato sauce. The flavour is different but, with children, more popular.



Mulled Wine Day



Our mulled wine morning once again arrived on 6th December. A lot of preparation had gone into it from the time we started to send out invitations to family and friends. The catering unit with Kate our chef along with some members worked very hard the previous day in order to make it a very successful day for everyone. Sandwiches of different selections were made along with lots of lovely cakes such as the Oxford lunch. Of course we cannot forget the mince pies and cream. Tea and coffee were served with them. Some people enjoyed a drink of mulled wine first.

It was a lovely occasion to see friends and families enjoying themselves listening to our carol singing and joining in. It was a very relaxed day and people were excited as to who would win a prize with our raffle draw. There were lots on display to raffle, and some of our members were lucky in winning prizes.

There were lots of people coming and going at different intervals. I enjoyed working in Reception on that particular day as I was able to see our visitors coming in first. We had the whole place decorated for Christmas and it was lovely. It went on from 11 until 2pm. Lots of members worked hard and staff members made sure people got seated and had plenty to eat and drink. Everyone seemed happy and in good form. It was a lovely mulled wine morning as members got to meet other members, family and chat to one another. It is always worth the effort into making it a special day, and we as members are very lucky to have our clubhouse to have days like this. I'd like to take this opportunity to wish everyone a Happy New Year.

Frances H

Paddy

As I sit here on a December Night my mind returns to my childhood and a man who had lodgings (bed and breakfast), in an aunt of mines house. In my childhood everybody seemed to be my aunt and uncle. Paddy was his name a lovely gentleman who loved backing a horse and smoking his pipe. "A Knight of the good" – A man who travelled from town to town seeking work. Paddy died in the week of Christmas and was buried in little more than a cardboard box on Christmas Day. There were many paupers in those days as there are now. I ask now of all as Christmas is over and 2014 is upon us, pray for all the dead that have nobody to pray for them, and I know they will pray for you.

I wish you all health and happiness for the New Year. May your God guide and protect you.

John F



January Birthdays

**James, Damien,
Michael, Adam, Siobhan,
Barry, Mary, Kevin,**



A Child said to me

A playful child said to me
Why do we all have to die
I said to this boy it is a mystery
While my heart many times cry
Do we all deserve such a fate
Through all of these wilderness years
Mankind in equity is much of debate
Through suffering and many spilt tears

This young lad's face youthful and bright
With a questioning mind natural to be
I said to him if this world was right
Mankind would be more blind to see
Look after yourself my precious child
And live with a loving heart
This curse of death rages wild
But within each soul our God never part

Paddy M

What a man
needs in
gardening is
a cast iron
back with a hinge in it

Eddie D

Beauty Tips

1 If you have zero time to apply your makeup, focus on your brows, just fill them in and brush them. Then apply lip gloss. This is the fastest way to look "pulled together"

2.From celebrity hair stylist Franco Della Grazia

If you're worried about damaging your strands with hair colour . Look for a vegetable based colour that simply lays colour onto the hair shaft, or use colour shampoos and conditioners that add shine to the hair. It makes a huge difference to how healthy your hair looks.

3. From celebrity make-up artist Lori Hamlin

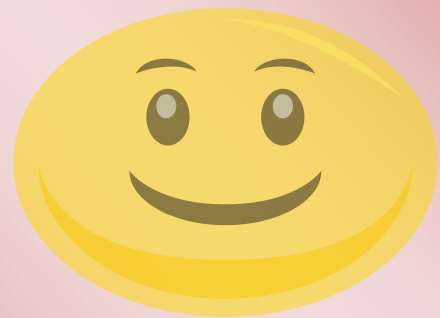
Your blush and lip colour should be from the same colour family to look more natural, (so pinks with pink, bronze with bronze, and peach with peach.)

4.From Celebrity hair stylist and L'Oreal hair expert Johnny Levoy

"If you curl your hair with a one inch or smaller iron, use a round brush to smooth out the front sections of your hair it will loosen the hair at that area to make your style more modern"

Sheena H

Quotes for January



**Happiness is not some thing
ready made.
It comes from your own actions.**

A	T	M	G	H	J	H	D	S	A	Q	W
Y	Y	L	F	M	F	U	M	G	L	B	O
T	T	B	W	B	A	D	W	V	B	Y	J
R	L	V	E	J	R	Y	S	F	H	D	O
E	H	C	Y	M	C	D	H	U	O	J	U
R	W	X	U	B	B	E	J	T	S	Y	T
G	O	Z	O	V	A	F	L	W	V	A	O
F	U	A	U	C	X	G	M	U	R	S	F
S	G	D	E	X	V	Q	R	X	O	F	S
T	Y	H	Q	Z	E	H	O	V	L	H	L
O	T	L	G	A	T	H	U	H	U	J	T
T	R	O	J	S	U	J	M	G	H	B	W
M	O	U	Y	E	H	S	B	A	R	M	E

Name the four letters of the alphabet missing.

They make up a colour.

Name it.

This month's interview is with

Ursula

Favourite Meal: Fish, Broccoli. Spud's and Kate's dessert

Favourite Movie: Something got to give

Favourite Sport: Going racing

Favourite Hobby: Music and singing

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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