



NEW SBRIDGE

Mulled wine morning

Last Friday, the 12/12/14. Platinum Clubhouse held its annual Mulled Wine Morning. People came from the Harvest Centre, Tus Nua, and Head Office. The parents of Members came in on the day, and also a large number from the community. It was a privilege to see all the people, who come to our Mulled Wine Event yearly here once again. On the day, the Catering Unit was very busy, making sandwiches, boiling the Mulled Wine, and getting ready a lunch for the members to be served upstairs in the Coffee Dock.

The Clubhouse Choir

sang some lovely Carol's on the day.



Join the Choir...

**You'll Be Glad
You Did!**

A free Raffle was held on the day, and there was a gook variety of winners between members, and the people here on the day. The ladies who do the Arts and Crafts sold a lovely selection of their work on the day. This year's Mulled Wine event broke records for two reasons, we ran out of Mulled Wine early such was the demand for it; we had more people at this year's Mulled Wine than ever before. A big thank you to all who made our Mulled Wine Morning such a great Success. Roll on next year.

Phillip F

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January Events

6th Ladies Christmas

14th Bowling

24th-31st Pantomime

30th Employment Dinner

January 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Creative writing Walking Group	2 Relaxation Crafts	3	4
5 Policy Meeting Art Class Walking group Young Adults Group	6 House meeting Healthy Eating Men's Group	7 Art Class Standard & Employment meeting	8 Creative writing Walking Group	9 Relaxation Crafts	10	11
12 Policy Meeting Art Class Walking group Young Adults Group	13 House meeting Healthy Eating Men's Group	14 Art Class Standard & Employment meeting	15 Creative writing Walking Group	17 Relaxation Crafts	16	18
19 Policy Meeting Art Class Walking group Young Adults Group	20 House meeting Healthy Eating Men's Group	21 Art Class Standard & Employment meeting	22 Creative writing Walking Group	23 Relaxation Crafts	24	25
26 Policy Meeting Art Class Walking group Young Adults Group	27 House meeting Healthy Eating Men's Group	28 Art Class Standard & Employment meeting	29 Creative writing Walking Group	30 Relaxation Crafts Employment Dinner	31	

Young Adults group

On Thursday 18th of December the young adults group went to Judge Roy Beans for dinner and visited the cinema afterwards to see The Hobbit. The group availed of the 'meal deal' in Judge Roy Beans which included a starter, main course and cinema ticket. The food was lovely and the company was good. The film got a mixed reaction but everyone enjoyed the 3D experience, there was good action in the movie and it was very well made. The meal was enjoyable and the popcorn was nice in the cinema.



For the New-Year the group hopes to continue enjoying socials and to become more involved in the work-ordered day within Clubhouse. We hope to start projects linking in with local schools and other mental health services and we will be continuing to have our weekly meetings in order to brainstorm our ideas for various projects and activities.

The Young Adults Group would like to wish everyone a peaceful and happy New Year!!

Winter Time

Winter time starts when the clocks go back an hour early. You can tell when winter is coming when the frost is around and the leaves fall to the ground. The dark nights start closing in at around 5 O Clock in the evenings and the grass does not grow. It is a very cold time of the year when the frost is sweeping around the country side and temperatures start to drop and most of the birds fly away to warmer climates around the world. It is also a time when water pipes start to freeze due to the frost and when you have to throw hot water on the windscreen of your car. There is also a possibility of turning on your house heaters to keep the house warm and to prevent the pipes from bursting during the cold. Farmers put their livestock in and feed their cattle silage during those months as grass is scarce in fields. The good thing about winter is the frost kills off weeds and other stubble around so it means no mowing the grass for about three months. It is also the time Christmas is approaching and people start doing their Christmas shopping. The Christmas period starts when the Christmas tree goes up, people start buying and exchanging presents and it starts snowing for it would not be a winter without snow. The weather is usually harsh during the winter as it freezes and rains a lot and sometimes without warning a terrible blizzard can occur during the snow storm. It makes it hard to get around the snowy roads in a car or even walking the roads. It's also a terrible time for flu and colds because of the cold weather. It's the time of year to put your feet up, look at the telly or read a book by the heater and of course enjoy good warm food. It can also be a time to look forward to the countdown to spring when the evening starts getting longer and brighter.

Tommy K



CATERING UNIT

Kids Look

Pasta with Ham and Pineapple

Serves 4/6

200g-pasta-penne, Fusilli, spaghetti or any type you like.

1 tbsp olive oil

1 small onion, diced

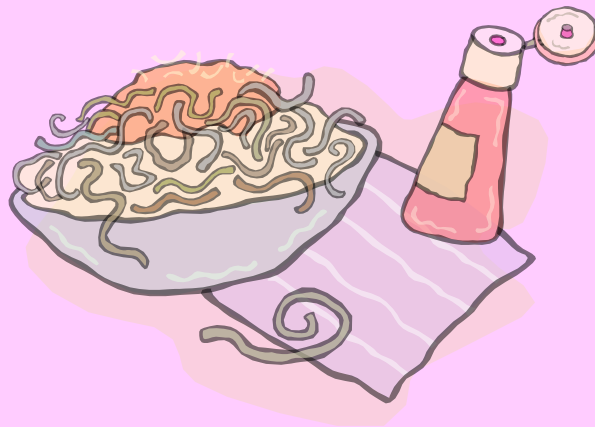
150g cooked ham diced

Half a medium-sized fresh pineapple-, peeled

Cored and diced

150 ml cream cheese

50g Parmesan, freshly grated



- 1 Cook the pasta according to the packet instructions. Meanwhile heat the olive oil in a frying pan and sauté the onion for 1 minute. Add the diced ham and pineapple and continue to cook for 2-3 minutes, stirring occasionally. Add in the crème fraiche and cream cheese and mix gently until the cream cheese has softened and formed a nice light sauce. Once the pasta is cooked, drain and add into the pot with the sauce and coat well.

A Thought for January

In the dark days of winter when darkness is all around us, we think of our own lives. Some of us are suffering from the darkness of depression. We light up a candle to light up our lives and remember that Jesus is with us during our dark days and nights. In the cold, grey chill of January, everywhere is bare all around us. The trees have lost their entire colour, but we know that they too will bear fruit and leaves again and change into full bloom, so too will we change and grow into bloom as we wait the coming months ahead of spring and summer. We want everything straight away and forget that in waiting and going through the darkest month of the year we will emerge too and know that God will help us. We come out a better person knowing we have come through our own darkness. We are hopeful for a better future for ourselves and for our loved ones. We look for peace and contentment in our lives and hope that this coming year will bring us just that. What more can we ask for

Frances H.



Admin News

It's that time of year again when we have finished with the Christmas rush, post etc. and begin to look forward to another year.

Just to say thanks to all the members who have helped me to keep the unit running as well as we have done even though some people don't think so. Who cares we know the facts

Thanks also must go to Young adult group for keeping the blog updated. Keep an eye on developments here as this our accreditation year so we are going to be busy.



We hope that this year will see many changes in club as this is what keep the interest going and the work been generated

Thanks to the news letter team for all the news letter

Happy New Year to all from the Admin Unit.

January Birthdays



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

Horoscope

Capricorn 22nd December – 20th January

This year let down your defences and see how other people live. This will make you appreciate what you have and don't value.

Aquarius 21st January-19th February

You are tired doing every thing yourself. By talking to someone you trust you will feel a surge of power to be able to delegate some of the work load.

Pisces 20th February-19th March

This year a new influence is about to impact on your life. A new friend has some advice and your attitudes will then change for the better so listen.

Aries 21st-March _ 20th April

Changing your routine can make the New Year interesting as you tend to lead a predictable life at the moment

Taurus 21st April-20th May

It is time you started the New Year off by delegating some of your work load, to make the coming year less stressful

Gemini 22nd May-21st June

This year will make you value security. That may mean you buying a house, starting a family, or moving in with a lover.

Cancer 23rd June-22nd July

This year take a break to be alone with your thoughts, and while you work your ambitions will begin to take on a more concrete form.

Horoscope

Cancer 23rd June-22nd July

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Leo 24th July- 23rd August

Some thing productive will come your way this year. A comfy cash cushion would protect you so do the lotto or buy a ticket, or you might win a car

Virgo 24th August-23rd September

This year you are tired of clinging on to the past. Changing your ideas and appearance will give you a new lease of life This may open doors for you.

Libra 24th September-23rd October

Don't be afraid this year to make mistakes. Working quietly behind the scenes will give you time and space to make your own mistakes and learn from them.

Scorpio 24th October-22nd November

Expand on your social network this year. The more good people you know you will have good friends and may be even land yourself a job.

Sagittarius 23rd November-21st December

This year many things will unfold around you. Make the most of these options as you won't be content until you have achieved a level of excellence.

Christmas Dinner / Party



The Christmas party we had started on the 23rd of December 2014. We had the trimmings of Christmas turkey, roast spuds, Brussels sprouts, carrots and white sauce. I saved my appetite for the occasion by eating less for breakfast that morning and by doing so created a large appetite for dinner. We were up at the library and coffee dock waiting for the dinner at that moment until the staff called us down and organized the tables where we were to sit at. We were given our first course in which we ate with relish and as we were waiting for our dessert we pulled the Christmas crackers that were placed on our tables. The crackers contained jokes and novelties. As dessert approached we were given two choices of dessert, trifle or plum pudding with cream and I went for plum pudding. After dessert we had tea and coffee. After that Carmel started giving out Christmas presents to all the members of Platinum Clubhouse in which I got a shaving kit. It all ended with lots of crack and carol singing from the choir of clubhouse.

Tommy K



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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