



Platinum Clubhouse

NEW BRIDGE

Volume 17, Issue 7 July 2016

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A busking trip on the Shannon

It started with a warm introduction by Michael, our guide for the day. Anthony the driver took us out via the Curragh with its freshly cut grass, and elder flowers in full bloom. On to the M7 motorway. We could see the horses being exercised, and there were several dog-walkers as well. Eddie Stobart lorries were busy, delivering in all directions.

We crossed the river in to Laois, Michael pointed out Emo Court and the path of Plumes after a battle with the English. We headed through Portlaoise and on via Mountmellick, using the bog road with the Slieve Bloom Mountains to the left. We arrived at Athlone for tea and scones at the Shamrock Lodge. Then we made our way to the river.

One of the riverboat crew had a fiddle and guitar. Tea and biscuits, everybody comfortable. The duck with a dozen ducklings quickly got out of the way as we travelled out of town, under the white bridge which is the old railway line.

There were two swans nest-building on the right hand bank. Several people went out on to the bow to brave the weather. Lydia decided to take a turn with the microphone. It was lovely as we all sang along. Martina came back inside and took a turn. We all cheered and clapped. Then Joe took the mike and entertained us with his singing and running commentary.

A lone cormorant made its way up the river as we headed round the island. Everybody enjoyed the guitar playing and dancing and so in no time we were back in Athlone, docking in the pouring rain.

We made it back to the bus, on to a slap up meal in the hotel. It was enjoyed by all. Then we made our way back on to the bus, our informative guide made the trip pass by quickly. Then we were into Monasterevin, dropping two passengers off. Then we got on to the motorway and back into Newbridge.

It was a very enjoyable day out.

Paul C



Inside this Issue:

Page 1 Day trip on the Shannon

Page 2 Calendar of events

Page 3 Our dogs, Summertime

Page 4 Tips for barbecue

Page 5 July farming, Trouble

Page 6 Phoebe

Page 7 Word Puzzle, Interview

July Events

6th July -
. Cinema social
Naas

13th July –
Out & About Social

29th July –
Employment
Dinner in
McGowan’s
Newbridge

July 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Community support Crafts group	2	3
4 Policy Meeting Walking group	5 House meeting Efficacy Group	6 Art Class Standard & Employment meeting advocacy group Cinema Social	7 Walking Group Publication group	8 Community support Crafts group	9	10
11 Policy Meeting Walking group	12 House meeting Efficacy Group	13 Art Class Standard & Employment meeting Advocacy group Out & About social evening	14 Walking Group Publications Group	15 Community support Crafts Group	16	17
18 Policy Meeting Walking group	19 House meeting Efficacy Group	20 Art Class Standard & Employment meeting Advocacy group	21 Walking Group Publications Group	22 Community Support Crafts Group	23	24
25 Policy Meeting Walking group	26 House meeting Efficacy Group	27 Art Class Standard & Employment meeting Advocacy group	28 Walking Group Publications Group	29 Community Support Crafts Group Employment Dinner	30	31

Our Dogs Rosey and Freddy

A joy to see Rosey and Freddie in play
Gives us all many of a sunshine day
A dog and a bitch united in much fun
Both Jack Russel all of our hearts are won
Freddie is more active we all clearly know
And Rosey a bitch more quieter and slow
Together they make such a happy team
All the world to the family they mean

Both brown and white a joy to be seen
Spec of brown on Freddy's forehead such a
dream

While Rosey's body as white as the snow
With their eyes constantly watching protecting us
so

Guard dogs natural of them to be
They can spot any danger that they see
Protecting our home without any fail
Two wonderful creatures to tell the tale

A gift from heaven they both are
And dogs of our own who go far
Both playing and running around the house
Let nothing escape not even a mouse
For they are fed once at a busy day
And feel as they bark have much to say
They never argue or answer back
And true friendship they never lack

On a quite country road they happily live
Our dogs are our pride with much to give
For without them what would we do
United together within our family grew
What would we do without them we say
With them in life many a happy day
Our dogs our pride is plain to see
Both playing away part of our family



Paddy M

Summertime

It's a wonderful summer with plenty of sunshine for everybody. It put us all in good form as we all come out of our hibernation to welcome the sun. Summer hats, sun tan lotion, shorts and dresses are all on the go.

We do not seem to be as lonely or depressed in ourselves, rather it puts us in good form as we go about activities. People say good morning to one another more, you see parents with their children spending time with one another as the schools are closed.

It's a time to be radiant and happy. There are lots of events on for everyone. The barbecue is taken out for family and friends to enjoy in the warm weather. Ice-cream, plenty of water and cold drinks are needed to quench our thirst and stop us getting dehydrated.

It's a time for flowers to blossom and bloom in the gardens. People love to take great care of their grass and cut the lawns often. The farmers are busy with the harvest. The birds are heard singing early in the mornings and feeding their young. The days are longer and brighter. People are out walking and running preparing for the marathons.

Yes there's excitement in the air as to who will win the 'Tidy Towns! There's a buzz and laughter all around us as we soak up the sun. It's also a time of thanksgiving for everything we have received and are given and favours and granted. It has to be our best seasons of the year. So let's enjoy it while we have it.

Frances H





General safety Tips

- Make sure your barbecue is on a flat site, well away from a shed, trees or shrubs.
- Keep children and pets well away from the cooking area.
- Never leave the barbecue unattended.
- Keep a bucket of water or sand nearby for emergencies.
- Ensure the barbecue is cool before attempting to move it.

Charcoal Barbecues

- Only use enough charcoal to cover the base
- Only use recognised fire lighters or starter fuel and only on cold coals – use the minimum necessary and never use petrol.
- Never put hot ashes straight into a dustbin or wheelie bin – they could melt the plastic and cause a fire.

Gas Barbecues

- Always make sure the tap is turned off before changing the gas cylinder.
- Change cylinders outdoors if possible or in a well ventilated area.
- If you suspect a leak to the cylinder or pipe work, brush soapy water around the joints and watch for bubbles – tighten to fix but do not over tighten.
- After cooking, turn off the gas cylinder before turning off at the controls to ensure any residual gas in the pipe work is used up.

Food ideas for Barbecue

Vegetable Kebabs

Jumbo sausages

Burgers & Vegetables Burgers

Spare Ribs

Corn on the Cob

Steak



JULY FARMING 2016

Greeting from the farm in July!

Quite a bit of farm maintenance takes place in July, such as painting, mending or upgrading fences, avenues, sheds. And so on.

No crops are sown.

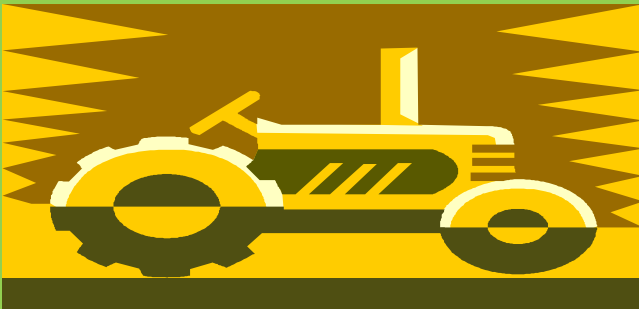
“Herding” of stock – cattle and sheep continues. This means that stock are herded or checked in case there are any problems eg mostly on health issues.

Worms in calves is more likely to occur in July so they are dosed to prevent this.

Grass is “topped” which means the strong tall grass is cut to reinvigorate growth of the underlying crop.

July is generally a quiet time of the year on the farm. Enjoy!

Aine B



Have you checked out our blog lately? Stay up to date with all clubhouse activities

<https://platinumclubhouse.wordpress.com>

Troubles

Never trouble trouble

Till trouble troubles you

‘Cos if you trouble trouble

Trouble will trouble you.

Life

Everybody is somebody's

Hard rearing.



A Child

A child is a diamond

So precious in God's eyes.



John F

July Birthdays



Anne M, Joe C, Tommy K.

Phoebe

The morning looked sombre as I stepped outside. There seem to be an eerie chill in the air. The birds had stopped singing. The trees were swaying to and fro. Where was my dog Phoebe? She usually barked and made herself known in the morning. Something had changed but I dared not go back even if I wanted to. The door had slammed behind me. I felt as alone in the world as a shiver went up my spine. A shiver broke the silence of the moment. I was rooted to the ground as something hit me from behind. I stepped sideways slowly and saw the dead eagle at my foot, its claws outstretched. Obviously something or someone had killed it. I was even more frightened as I took a few steps forward trying to give space between the dead eagle and myself. I tried to call Phoebe but no sound came as I mumbled an oath under my breath. I usually not a nervous disposition, but as I walked to the shed my feet crunching over the pebbles I knew something was amiss. With terror inside of me I gently opened the shed door with trepidation. Instead of my lovely neat and tidy shelves full of tools. I saw a small spacecraft on the floor of the shed. It was surrounded by earthly beings of which I could not describe. They had my tools in disarray obviously trying to mend their craft. They looked up at me with piercing, blurring eyes. I could not bring myself to my legs to move. I felt rooted to the spot and locked in a trance which seemed to last for hours. I saw my dog Phoebe in a corner frightened. In an instant they were beside me, hands outstretched. They seemed friendly, and looked as though they were smiling. Soon the spacecraft was brought outside and they all entered it. It went up into orbit quickly. Why they did not harm me or take me with them I'll never know. I had encountered another world. Suddenly Phoebe barked, the wind howled and all was well with the world again.

Tommy K



My Time Out.

In life we all need a place to hide, to get away from all the strife of everyday life. My time out is when I put a lead on my dogs Foster and Lucky and go for a walk out in the fresh air. I take a few deep breaths and let all the toxic fumes out of my body. I take in the beauty of nature all around me, the lovely green fields.

The birds flying over the beaks full of food to feed their young, planes crossing the blue sky leaving a white vapour trail in their wake, the furs of the Curragh coming into bloom the little lambs with their long skinny legs racing after their mothers.

On an early morning walk you can see the trainers put their team of horses through the morning work out. Here I can sit on the grass, close my eyes my two pals Foster and Lucky beside me and hide away from all the stress of every day life.

Philip F



Word Search

B	A	N	G	E	B	E	A	R	L	E	B
L	U	B	N	O	B	R	I	B	N	E	B
G	A	N	G	E	R	B	L	L	I	B	O
B	O	A	N	E	B	L	O	T	I	I	S
S	A	B	I	D	E	B	A	N	D	T	U
I	T	O	S	B	A	N	G	E	R	E	B
A	B	D	A	D	A	T	O	B	I	R	O
Y	D	R	B	G	S	T	O	B	I	Y	A
S	E	A	Y	A	U	D	U	B	O	N	R
S	B	E	E	B	Y	I	O	R	L	S	D
D	I	B	U	N	L	G	B	E	A	U	S
B	O	A	E	D	E	R	A	B	D	U	B

Bad, Bag, Band, Banger, Bares, Basin, Bat, Beard, Beast, Bed, Bee, Bell, Bent, Bid, Bill, Bin, Biro, Bite, Bind, Board, Body, Bog, Bone, Boss, Bud, Build, Bun, Bus, But, Bulb,

This Month's Interview is With

Tommy K

Favourite Menu: Roast beef, potatoes, roast potatoes, gravy, carrots & cabbage.

Favourite Actor/Actress: Mickey Rourke

What Inspires you: Platinum Clubhouse

Favourite Holiday Destination: Germany



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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