



NEW BRIDGE

Supported Holiday to Limerick

On Tuesday the 14th May, Platinum Clubhouse went on their Supported Holiday to Limerick. A total of 4 Staff members and 20 members went on the holiday. We stayed in the Strand Hotel, Limerick. Tuesday was spent getting to find our bearings around Limerick city, groups of us went and did our own thing, some went shopping, sightseeing and for a bit of lunch, while others went for a swim in the Hotel swimming pool. That night we had dinner in the hotel and later a few drinks in the bar, before bed.

Wednesday morning we were all up early for breakfast, some of the early risers went out for a walk before their breakfast. After breakfast, we got a tour bus around Limerick. We saw many places of great interest in Limerick such as the house where the author Frank Mc Court was born, the history of Limerick as a siege city during the struggle between William of Orange, and James for the Crown of England and also the battles that took place between those for the treaty and against the treaty, in other words the War of Independence and its consequences for the city at the time. We saw King John's Castle, which was closed for repair work, Thomond Park the home of Munster Rugby, The Hunt Museum, boats and swans on the lovely River Shannon. Many members visited local churches and lit candles for their loved ones. Some of us found a pub called Charlie Chaplin's where we watched York races, and looked at the local talent. Wednesday night, we all went out for a lovely meal in the Cornstore Restaurant. Later we went back to the hotel to watch the Chelsea match. The rooms in the hotel were lovely, but in fairness it has to be said the food and service left a lot to be desired. I think they better give Francis Brennan a call. Thursday morning we packed our bags, had breakfast and got ready for the journey home, all had a lovely time, the weather was sunshine and showers, and we were glad to get home to our own nests.

PHILIP F.



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Events

- 3rd** Bank Holiday Clubhouse Closed
- 10th** Advisory Board Meeting
- 21st** BBQ/Walk to be confirmed
- 28th** Employment Dinner

June 2013

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				Relaxation Crafts Discussion Group English	1	2
3 Bank Holiday Clubhouse Closed	4 House meeting Healthy Eating Wellness Day Kildare's Men Group	5 Art Class Advocacy Programme Standard & Employment meeting Ladies group	6 Newsletter team Men's group Walking Scribbler's Group Wrap Course	7 Relaxation Crafts Discussion Group English	8	9
10 Policy Meeting Health & Safety Meeting Art Class Walking group Advisory Board Meeting	11 House meeting Healthy Eating Wellness Day Kildare's Men Group	12 Art Class Advocacy Programme Ladies group Standard & Employment meeting	13 Newsletter team Men's group Walking Scribbler's Group Wrap Course	14 Relaxation Crafts Discussion Group English	15	16
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Journeying Forward Class

We commenced our Journeying Forward Class shortly after Easter. There were 6 participants who included John F, Philip F, Joe G, Frances H, Debbie R and myself. Susan Dunne was our facilitator and this course built upon previous courses that we had done.

It was a 6 week programme and each session started with a check in with each member as to how their previous week had been. This was totally confidential and with our group that was never an issue because of the "special bond" we had with each other.

Everyone was asked to do a soapbox piece where we were asked to speak about a topic which was very interesting.

Debbie R spoke about the role of Altar Servers, Frances H spoke about Advertising and Food, Joe G discussed the scandal of the Household and Property Taxes, John F spoke about 60 years a growing, Philip F enlightened us with his knowledge of Dogs and finally I spoke about all types of sport which I was complimented, on even though it was 10 pages long.

We also discussed Don Miguel Ruiz four agreements and the book the "Law of Attraction" which has, as part of it, a new way of thinking.

Another concept that was introduced to us was the idea of the Green and Red Platforms. This is based on the idea that when anybody is faced by a problem, challenge or opportunity it can be addressed using the following three steps.

- (a) Think about the problem, challenge or opportunity.
- (b) Imagine yourself in a white space which has two paths, the green path leads to Positive thoughts and actions, the red path leads to Negative or self-destructive thoughts and actions.
- (c) You now choose with route to take.

Another interesting aspect of the course was the "hot pen" where we were asked the following questions.

- (1) Can you tell about one of your grandparents?
- (2) Introduce us to someone at your class re-union!

We all found this course very interesting and would highly recommend other members to participate in similar courses.

Clive C

Pieta House Walk



5km Walk from darkness into light, in Aid Pieta House.

On Saturday 11th May, Carmel, Clive, and John participated in a walk to raise funds for Pieta House a Suicide and Self Harm Crisis Centre in Dublin and Limerick. They provide professional support for people who have suicidal thoughts or who self harm.

The walk started at 4am on the morning of Saturday May 11th. It was still dark as we left Naas Racecourse on our 5km walk. As we wound our way into Naas and back to the Racecourse, dawn was breaking, it was a great feeling. It was a great sight to see so many people giving their time and money for such a worthy cause, and such a range of ages. I even saw a child in a pram. It was great to see people bringing their children along.

There were at least Three Thousand walkers/ Runners that morning and Twenty Five Thousand Euros was raised. Congratulations to all who organized and participated in the event.

John F.

CATERING UNIT

Bramley Apple Pie



Serves 4 -6

Ingredients:

For the filling:

675g Bramley apples
75-100g soft brown sugar
Grated rind and juice of 1 orange
1 teaspoon of mixed spice
1 tbsp plain white flour
25g of butter

For the crust:

175g prepared shortcrust pastry
1 – 2 tsp caster sugar

Method

1. Preheat the oven to 200°C, 400°F, Gas Mark 6, 15 minutes before baking the pie.
2. Peel and core the apples and then cut it into thick slices and reserve.
Mix together the sugar, grated orange rind, mixed spices and flour.
3. Place a third of the apple sauce slices in the base of a 1.2 litre deep pie dish and sprinkle with half the sugar mixture. Cover with half the remaining apples and sugar then arrange the rest of the apples on top. Pour the orange juice over.
4. Cut the butter into small pieces and dot over the apples.
5. Roll the pastry out to an oblong on lightly floured surface about 4cm larger than the dish. Cut out a 1.25cm strip on the pie dish edge. Dampen edge then place the pastry lid in position. Press edges firmly together and using the back of a knife flake the edges together. If liked, any pastry trimming can be use to decorate the top.
6. Brush pastry with a little water and sprinkle with the caster sugar. Bake in a preheated oven for 15 minutes then reduce oven temperature to 180 degrees F, Gas Mark 4 and continue to cook for 30 minutes or until the pastry is golden brown. If liked the pie can be sprinkled with a little more sugar after baking.
7. Serve with cream, custard or ice cream.

Just a thought

It's amazing what we see when we look around us, bright blue skies, sun shining down from beneath the clouds. The birds are busy feeding their young as they sing their morning songs. All of us are busy as we go about our daily task, some going to work, others just idly walking by and children waiting patiently for their school bus. Yes it's ere at last, lets hope to stay, its called summer.

There's a difference in the air around us. Its fresh and the grass are lush with its greenness. On the paths we see the snails as they crawl about, they too are in no hurry like us as we face the challenges of our day, somehow everyone seems to be in good form as we greet one another or stop and say a simple hello. There seems to be no sadness in life only happiness as the day unfolds and we look forward with eagerness to face those long awaited tasks of washing the windows, and cars, maintaining the lawns and doing some painting around the house or even to do some D.I.Y jobs.

We take pride in ourselves once again as we "shake off the dust" and start on that diet we've been promising ourselves, or even a go at the gym, or a ten minute walk every day with our dog. People meet one another while out walking, new friends can be made. Life is looking up again, seems bright, and we look forward to our days as we think of the long evenings. Our days are worthwhile as we plan for our holiday perhaps, or even just a trip to the beach, for there's no place more beautiful than in our own country when we get the warm weather. We seem to be reawaken in ourselves and find strength and courage to face each day for after all we only have "to-day" so let's live it well and make the most of our times

Frances H



Newbridge Parish Race Day

The Newbridge parishes' race day was run at the curragh on Monday May 6th. The army had three tanks and other equipment on display while Sarsfield's and Moorefield had under age teams kicking football on the course between races.

There were a number of raffles for the parishes taking place on the parade ring also. At the west end of the course, there was a children's area of swings bouncy castles etc

In the racing itself, last years 2,000 guineas and dual derby winner "Camelot" was the star attraction and although in beating his pacemakers by 1 ¾ lengths, he did no more than raise an exercising canter. The disappointment of the race in my opinion was "Parish Hall" who was a head further back in third.

"Viztoria" won the Athasi Stakes and if she gets the extra furlong will be hard to beat in the Guineas. The Tetrarch Stakes was won by the Paul Deegan trained "Struhan" who at 11/2 was well ridden by Chris Hayes. The Aidan O'Brien trained "Michaelmas" won the 2-year-old maiden at 2/9 and looks a Royal Ascot type. The 2nd place "Candy Apples" looks a future winner

The ride of the day was Tadhg O'Shea on the Pat Shanahan trained "Scotland Forever" in the 3-year-old maiden when he beat "Wexford Opera" by a nose.

Finally, the "Willie Mullins trained "Made in Germany" won the bumper in the hands of his son Patrick. All in all it was an enjoyable and informative meeting although with so many races having odds on favourite it is hard to see where the value is for the ordinary racegoer.

Joe G

June Birthdays:

**Debbie R,
Ann H, James B,
Kieran S, Niall D,
Catriona H, Nadia U, Annette O' N,
Desmond T, Lydia F, Siobhan B &
Teresa A**



Sweet County Kildare.

*Many poems have been written many songs
have been sung,
About the beauty of Ireland since times has
begun
But a place seldom mentioned yet fairest of
fair,
Is the place that I come from sweet county
Kildare.*

*Sure her plains are the grandest that ever
you've seen
How lovely she looks 'neath her carpet of green
And the old hill of Allen like a sentry stands
there
As though guarding the beauty that lies in
Kildare.*

*There is the Lakes of Killarney, and there is
Cork's lovely Lee
And there is the Shannon that kisses the sea
Though each holds great beauty none can
compare
With the old river Liffey that flows through
Kildare*

*From my home, I'll n'ere ramble ore land or
o're sea
From here, I am happy contented to be
No good do I crave for or diamonds so rare
I am proud to have lived and to die in Kildare.*



Newbridge Silverware Exhibition

In Newbridge Silverware they are holding an exhibition on The Wizard of Oz till the middle of June. They have the golden footsteps leading upstairs just like the yellow brick road as in the film.

Newbridge Silverware has on show the dress that was worn by Dorothy.

A clip of the wizard of Oz movie was shown where Dorothy said those famous words. "There's no place like home there's no place like home".

James P



June Quote

Summer is a promissory note
signed in June,

Its long days spent and gone
before you know it,

And due to be repaid next
January.

Jokes by Patricia.

Paddy the Englishman, Paddy the Irishman and Paddy the Scotsman got a job with a woman as furniture removal men. When she saw Paddy the Englishman and Paddy the Scotsman struggling to carry a wardrobe upstairs, she asked where Paddy the Irishman was.

Paddy the Irishman. "Oh he's in the wardrobe stopping the wire coat hangers from rattling."

Guard: "You have no licence"

Driver: "Here"

Guard: "This is a dog licence"

Driver: "I know, but this is a rover."

Preacher to congregation: "I don't mind you putting buttons in the collection plate, but please provide your own and don't pull them off the church cushions".

Patient: "You'll have to give me something doctor, I can't stop stealing things."

Doctor: "Take two of these pills after meal."

Patient: "What happens if they don't work."

Doctor: "Get me a crate of Scotch."

He'd been going to evening classes to better himself, and his beloved wife rang the college to see how he was doing. "He's doing very well. He's been making straight A's," the tutor replied. "That's marvellous!" she said. "It is" the tutor replied. "Next week we're going to work on lopsided B's."

They'd met at a dance. He said, "I think you're the most beautiful girl here tonight." She said "Thank you"

He said "Could I call you later?"

She said "I suppose so"

He said "What's your phone number?"

She said "It's in the phone book."

He said "OK what's your name?"

She said "It's in the phone book as well."

Then she quickly walked away.

Have you heard about the Belfast man who bought his wife a rocket for her birthday?

Naturally she was over the moon.

This month's interview is with

Philip F

Favourite Meal: Bacon and Cabbage

Favourite Movie: The Godfather

Favourite Sport: Horse Racing and G.A.A

Favourite Hobby: Reading and Walking.

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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