



## NEW SBRIDGE

### Supported Holiday to Waterford



Last Tuesday we went on the supported holiday to Waterford. We stayed at the Tower Hotel and it was a very nice hotel. We had our dinner on the first night in the hotel. While the food was very nice it was small. We went across the street to a pub called the rag where a ballad singer was playing. We enjoyed the music and a few pints and we went back to the hotel where we had a chat before going to bed.

The next day we visited a museum where the history of Waterford was explained to us and I found it very interesting. The city of Waterford is a very beautiful city with a lovely shopping street. There is a great book shop in it and I bought a book there. I found the swimming pool and jacuzzi in the hotel very good although I can't swim I paddled around in it someway.

I would have liked if we could get a bus tour of the city as we did in the other cities, this criticism aside I found it a very enjoyable holiday.

**Joe G**



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### June Events

**2<sup>nd</sup> Bank Holiday**  
Clubhouse Closed

**Bank Holiday Weekend**  
June Fest Weekend  
Newbridge

**Cinema Social** date to be decided

**Summer Social** date to be decided

# June 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>2</b> <b>BANK HOLIDAY</b> <b>CLUBHOUSE CLOSED</b>	<b>3</b> House meeting Healthy Eating Wellness Day	<b>4</b> Art Class Standard& Employment meeting	<b>5</b> Newsletter team Men's group Walking Group	<b>6</b> Relaxation Crafts	<b>7</b>	<b>8</b>
<b>9</b> Policy Meeting Art Class Walking group	<b>10</b> House meeting Healthy Eating Wellness Day	<b>11</b> Art Class Standard& Employment meeting	<b>12</b> Newsletter team Men's group Walking Group	<b>13</b> Relaxation Crafts	<b>14</b>	<b>15</b>
<b>16</b> Policy Meeting Art Class Walking group	<b>17</b> House meeting Healthy Eating Wellness Day	<b>18</b> Art Class Standard& Employment meeting	<b>19</b> Newsletter team Men's group Walking Group	<b>20</b> Relaxation Crafts	<b>21</b>	<b>22</b>
<b>23</b> Policy Meeting Art Class Walking Group	<b>24</b> House Meeting Healthy Eating Wellness Day	<b>25</b> Art Class Standard& Employment Meeting	<b>26</b> Newsletter Team Walking Group Men's Group	<b>27</b> Relaxation Crafts	<b>28</b>	<b>29</b>
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## Summer Month Special

June is one of my favourite months as it sparks joy, energy and creativity in my mind. Everything is happening; the gardens are alive and blossoming with sweet smelling flowers. Everyone is busy enjoying the June weather just sitting about in their gardens or even having a barbeque with their family and friends. Some are planning their holidays for a week or two perhaps or just touring Ireland. There is nowhere as tranquil and beautiful than in our own country when we get the warm weather.

I feel it's a time of happiness and goodwill as we see the best in everyone. People look out for one another, especially the old and lonely. Food is being distributed to the hungry in our locality. We have a sense of pride and belonging in our lives as we feel close to our loved ones. Even teenagers and children seem happy too as they are excited about going places and doing things during our long summer days. Some children do summer camp for a few weeks while others go to the beaches. We try to look after our teenagers as some of them try to find out what to do with their lives after the pressure of exams are over.

Most of them feel cool and relaxed, and excited also as it can be a new beginning for them as they try to head down in the right direction. All in all there seems to be something for everyone in the month of June.

**Frances H**



## *The Sound of the Lightening*



*The sound of the Lightening rolling  
across the skies,  
It just keeps on rolling on by,  
No one knows why.*

*The sound of the lightening,  
It sounds just like the beating of the  
drums,  
Thump, thump it just keeps on going  
on.*

*When you see the sound you never  
know why,  
It just keeps on going on there,  
Till it rolls on by.*

*It can come in any form,  
In storm or hail,  
You just never know where it goes and  
where it ends.*

*Through the wind and through the rain  
Over mountain, over plain*

***Jonathan D***

## CATERING UNIT

### Fun Baking Thursday 2pm – 3pm

#### Soda Bread

##### Ingredients

450g/1lb Odlums Cream (Plain) Flour  
1 level teaspoon Bread Soda  
2 level teaspoons Bextartar  
Good pinch of Salt  
1 tablespoon Sugar (optional)  
25g/1oz Margarine  
A little over 1/2 pint Fresh Milk

##### Method

1. Sieve flour, bread soda, Bextartar and salt into a bowl. Add sugar if required
2. Rub in the margarine to resemble breadcrumbs, lifting mixture with fingertips to introduce air to the dough
3. Add milk and mix to make a soft dough.
4. Turn onto a lightly floured board and knead a little
5. Turn the smooth side up and shape into a round. Place the dough on a floured tin.
6. Cut a cross over the top.
7. Bake in a pre-heated oven, 400°F/200°C/Gas 6 for 40-45 minutes
8. When baked the underneath when “tapped” should have a hollow sound.
9. Cool on a wire tray. Cover with a tea towel to give a soft crust



## 2 Little girls ( SONG)

2 little girls had, 2 little curls,  
2 little girls did 2 little twirls, each on a  
summer's day,

2 little girls had 2 little pearls each  
played with them on a summer's day,

2 little boys played with them with  
their lovely pink toys, strange they had  
such fun,

When we grow up we will all get  
married 2 little girls got married to 2  
little boys.

They had 2 little marriages they got to  
the church they got there in 2 little  
carriages,

2 little boys said oh yes I do, 2 little  
girls were as happy as can be.

Then 2 little girls and 2 little boys had  
2 little boys and after watching them  
play they would say oh by so much  
noise.

For you see 2 little lads became 2 little  
dads

But then they would say what the hay  
maybe they will get married one day,

Oh what fun it will be to see our 2  
little boys having 2 little wives. I don't  
know but I guess we'll see.

For we will then have grand children  
oh woa hee! But I do wonder guess  
we'll have to wait and see.

James P

## My Hero Is In the Question

I feel as if that is the question often asked; who is your hero? But, how am I to know the answer to that question? Merriam Webster's dictionary defines a hero as one admired for his achievements and noble qualities. "If that is the true definition of the hero, then it is needless to say I have an abundance amount. Many people walk in and out of our lives on a daily basis displaying admirable qualities worthy of heroism. Even the smallest thing, like someone opening the door, is noble, an outreach phone call to say how are you today? A happy birthday card in the post, achieving an A on your homework is also noble, then sure aren't we all hero's? Who are we to decide who is a hero or not? So many people influence us and so many people display nobility worthy of admiration. So there lies my answer. Every person is a hero in his or her own right. Every person is my hero!!!!!!!!!!

Elaine C



## June Birthdays



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

## Pieta House 5<sup>th</sup> Fundraising Walk Darkness into Light

A fundraising walk was held on Saturday 10<sup>th</sup> May at 4.15am for Pieta House. As well as a fundraising this walk brought awareness to the terrible tragedy of suicide and also self harm.

Pieta House caters for people with suicidal and self harm thoughts and also helps family and friends of those who have died through suicide.

Pieta House have nine centres country wide (Lucan number 01-6010000) and their web-site is [www.pieta.ie](http://www.pieta.ie).

What a fantastic morning as Carmel, Debbie, Clive and John took part the rain kept off as if to wish all the walkers well as we walked the 5km.

It was great to see the hundreds of people taking part and it was fantastic to see the number of people walking.

At the end of the walk it felt great to be part of this fantastic event and to help form a bond in the fight against suicide and have done something concrete in this fight.

Congratulations to all who took part.

John F



## The family Reunion

Morris and Catherine were married with a daughter who was eighteen months old called Sheila.

Catherine went into hospital to have a second child. The baby survived but not Catherine.

Morris brought him home who he had christened Christy. He couldn't take care of his son he gave him up for adoption.

A while later he had to give Sheila up for adoption.

Sheila and Christy met in university but they didn't know each other. They started doing a line.

Morris was looking for them and located Sheila.

Sheila often visited her father or perhaps it would be vice-versa.

One day Morris was outside and saw Christy dropping off Sheila.

He told him he was his father, a sister of Sheilas that he had being looking for him and Christy didn't even know he was adopted.

He and Sheila had to part but the three of them remained good friends.

Patricia D

## Birthday Photos



B	I	O	E	T	K	L	G	H	J	K	N
T	J	P	Q	U	W	O	F	G	O	N	W
E	H	Q	N	I	E	P	D	F	I	B	E
U	G	W	T	P	T	T	S	S	P	V	F
I	N	U	D	O	O	E	Q	X	K	C	D
O	V	I	E	U	I	W	C	D	L	X	S
P	C	F	F	T	P	Q	E	Z	J	Z	E
L	X	J	S	E	U	B	T	V	G	S	T
K	Z	G	W	L	J	C	U	B	H	D	O
J	S	S	V	Q	H	N	I	N	F	F	I
H	D	U	T	S	G	L	O	K	D	G	P
G	F	B	Q	D	F	K	P	L	S	H	L

Missing above are four letters of the alphabet. What are they? They make up a female Christian name. What is it?

This month's interview is with

Jimmy N

Favourite Meal: *Steak, Chips, Mushrooms and Onions*

Favourite Movie: *The Great Escape*

Favourite Sport: *Golf*

Favourite Hobby: *Watching TV*

## 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**



Platinum Clubhouse  
Unit B1, Century Park  
Newbridge Industrial Estate  
Newbridge  
Co Kildare  
Ireland

Tel: +353(0)45433229

Fax: +353(0)45433206

Email: [platinumclubhouse@eve.ie](mailto:platinumclubhouse@eve.ie)

