



## NEW BRIDGE

### **World Mental Health Day Celebrations**

World mental Health Day was celebrated on the 10<sup>th</sup> October, and Platinum Clubhouse celebrated it by blowing up balloons and attaching a positive message to each balloon with ribbon.

Everyone read out messages such as [‘Be the best version of yourself’], and let their balloon go free in the sky and hope that someone would find it and feel inspired by the message that was attached to that specific balloon.



To finish the day the manager of Platinum Carmel D gave an interview on K.F.M Radio about the clubhouse model, and the services it provides and what it means to its members.

The interview went well and it finalised our day in style for positive mental health and Platinum Clubhouse members.

**Sheena H**

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### **November Events**

**20<sup>th</sup>** F.A.I Football Tournament in Carlow

**28<sup>th</sup>** Employment Dinner

## November 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
<b>3</b> Policy Meeting Art Class Walking group Young Adults Group	<b>4</b> House meeting Healthy Eating Wellness Day	<b>5</b> Art Class Standard& Employment meeting	<b>6</b> Men's group Walking Group	<b>7</b> Relaxation Crafts	<b>8</b>	<b>9</b>
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## Young Adults Group

This month football got off to a great start. They changed the time to 15 mins per match straight through with no half time break. We played 3 matches with teams of varying ability. They were all brilliant, Kevin proved to be a brilliant goalie. The scores at the end were 7-3, 5-4 and 3-2 winning all matches. Hopefully they are produced in the final day and get medals. The young adults are making preparation for the Christmas socials looking at different ideas of where to go. Although like it seems a long way off it will come around quickly as it always does every year. They are looking forward to Halloween dressing up and having a laugh. The party in Toughers was a success and everyone joined in. it made it a very special day for John F with a huge turnout. The meal was very nice and the service was excellent. The cake was lovely and we wish John F all the best and many more wonderful birthdays.

**Michelle F**



## Winter

A dull affair is winter time  
With many changes of wintry sky  
4 rough season that is seldom fine  
While it never seems to fade or die  
Cool is the atmosphere around  
You

That is prominent this time of year  
The sky is seldom of blue  
When its dismal clouds draw near  
I walk the frosted pathways  
With its shiny sparkle of light  
Remembering my childhood days  
Sliding on ice with such delight  
But winter elements can be cruel  
With lashing rain and intense cold  
Bature with its constant duel  
On the helpless vulnerable old  
Snow and hailstones are common  
Too

With winds that drift from far  
Natures cause I wish I knew  
With careful driving in a car  
Lucky we are to have no extreme  
Of weathered wind, rain or snow  
Awaiting spring is in a dream  
When exactly we do not know  
So cold, dark and bleak is this  
Season

That is depressing in my mind  
But Mother Nature must have a  
Reason

For all these weathered days we  
Find

Soon the snowdrops will appear  
Being the first sign of my spring  
Its calming season will conquer my  
Fear

And bring new life to everything  
Wild is the weather of wintertime  
Just what is the reason of it all  
Here I am at this fire of mine  
Sheltering from wind and rain that  
Fall

But I will be patient at all time  
For better weather to come along  
Soon again it will be fine  
When all the winter scorn is gone.

**Paddy M**



## CATERING UNIT

### Chicken & Vegetable Casserole



#### Ingredients:

4 Chicken Portions  
3 Large carrots  
2 Onions  
6 Mushrooms  
½ pt/275ml Chicken stock  
Or 2 stock cubes  
2 Dessertspoons Lemon Juice  
½ Dessertspoon mixed Herb  
Salt and Pepper

#### Method:

1. Pre-heat the oven to 180°C / 350°F / Gas mark 4.
2. Wash, peel and chop carrots, onion and mushroom.
3. Place chicken portions in a casserole dish with carrots, onion and mushrooms.
4. Pour in chicken stock, lemon juice, mixed herbs, salt and pepper.
5. Bake for 1-1 ½ hours or until chicken is cooked.
6. Serve with baked potatoes.

## Ireland's European Football Qualifier Matches so Far

Ireland's first match against Georgia ended 2-1 to Ireland with 2 goals from Aidan Mc Geady that gave good hope for Ireland in qualifying for the 2016 European Cup in France. It was a good match to watch and I really enjoyed it.

Ireland's next match was in Dublin and a hat trick by Robbie Keane in the first 20 minutes crushed any hope Gibraltar had of conceding a win on Irish turf. Further goals by Mc Clean and Houlihan and an own goal by Perez gave Ireland an impressive 7-0 win, it was a great win by Ireland and gave Irish fans a bit more hope that the team could qualify.

Ireland were away against Germany for the next match. The final score was 1-1, John o Shea got a late goal, his 100<sup>th</sup> international cap. Luck was on Irelands side.

Ireland will face Scotland in November for the next leg of the qualifying rounds. Martin O Neil and Roy Keane should be happy with their place on the board.

**Ruairi Mc D**



## A Month of Change

*November can be a hard and long month to get through. We have the dark evenings, and it can be depressing as all the leaves have fallen off the trees leaving everywhere looking bare. It's a solemn month as we remember our loved ones who have passed away. We pray for them and the souls in purgatory. We can sometimes feel our loved ones presence near us, even though we cannot see or touch them, we remember the happy years shared together. At times nothing can be made easier for us and we feel alone and sad. Every day seems to drag by, there seems to be no let up as the harsh winter enfolds us. Somehow we get inner strength and peace and things seem a little brighter and we look forward to going out and meeting our friends for a cup of tea or coffee which lifts our mood. We can get comfort from the fact that life never remains the same; it is always changing like the seasons as they too change. There are lots of opportunities out there for us. We can look forward to happiness again within ourselves, and life does not seem bleak anymore.*

**Frances.**



### November Birthdays



**Noel H, Garry L, Larry G,  
Declan C, Bríd N & Eileen D**

## Life on Our Farm

I remember the days when working on our farm I used to milk the cows in the morning by rising at 6.30 am in the morning before breakfast. I used to walk up the fields with a stick made from plastic piping as I came close to the cows I would slap the stick at the side of my boot to get the cows up from rest. They would then get up and walk slowly down the field chewing their cuds as they went along their way to be milked. As they got to the gate I would then open the slide doors of the milking house and let five in at a time. When they stood in their places I would lock the crush and set down to business by washing their spines to check for dirt. After that I would then start milking machine in the parlour and proceed with putting on the machines on their spines. I would wait for them to finish and then take the machine off and then dip their spines with a special fluid to prevent warts from coming on the spines. After the next ten were milked we would let the cows in the crush out and run them up the field and feed the calves. After breakfast I would go out and hose down the cow house and sweep the ground where the cows stood and clean out the cattle crush where the milked cows waited until the rest of the cows finished milking with a wheelbarrow and shovel. The milk lorry came to take the milk away to the creamery and I would have to wash out the milk tank with water and fluid and then spray with water to clean out the fluid in the tank. Once every month I would clean out the milk plant with hot water and fluid by taking it apart and brushing it bit by bit. I would then put it back together and then rinse it out with cold water. I would then spread manure by hitching on the manure spreader on the tractor and then cutting the bags with a knife. I would then clean out the calf houses with a pitch fork and then dump the dung into the slurry pit. When it came to cutting silage I would have the tractor ready with the silage fork hitched on to it so I could bring down bales of silage to be wrapped. Then it would be milking time again at around 5.50.

Tommy K



## Winter Wonderland

For a lot of people, winter is a time for putting the feet up, and looking at the television. In the winter time, people look at all the soaps, the X-Factor, Love/Hate etc. However there are a lot of activities people can take up for the winter time. You could join any of the following clubs bowling, badminton, a gym or a walking group. You could also take up a game of bingo and travel around the towns on a weeknight to play the game of bingo. You could also join a line dancing group or a blind date club where you could meet the love of your life.

In the winter time, people can open up a social group and go out for meals, outings or play various board games such as monopoly, chess cludo etc. You could also play cards but not strip poker as it may be too cold to run around if none of the above is to your fancy, you could always visit a neighbour or an old person for a chat and a cup of tea. You could also come to Platinum Clubhouse and join in all the various activities going on in the Clubhouse during the winter months.

Philip F



## Birthday Photos



## John F 60<sup>th</sup> Birthday



This month's interview is with

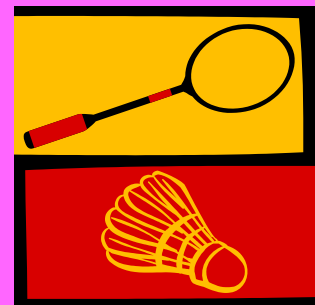
**Clive Cole**

Favourite Meal: Steak and Chips

Favourite Movie: Silence of the lambs

Favourite Sport: Gaelic Football

Favourite Hobby: Badminton.



## 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)

