



NEW SBRIDGE

Tall Ships in Dublin

As a treat for my twins, my Husband and I took them to see the Tall Ships as they arrived in Dublin on the 23/8/12

We made a day out of it from bringing a picnic with us to travelling on the Luas.

On arriving in Georges Dock you could see the excitement in everyone from young to old.

There were lots of activities from bands playing to street entertainers such as jugglers which even the adults enjoyed.

As we walked along the docks you could see all the masts of the tall ships, there were ships from England, Mexico, Sweden, Youth training ship, Equador and the Irish Navy ship to name a few.

We went aboard the Equador and Mexican ship, and the twins loved this as they were allowed to ring the bell and steer the wheel.

The only thing was we had to wait between 30-45 minutes to go on the ships because of the queues waiting to go on board. The longest queue was for the Irish Navy, as they gave a detailed tour explaining how the radar and s.o.s was used about the maps and guns which the children were allowed to sit on. Along the docks there were different crafts stands and different food stalls.

At the Grand Canal Theatre there was also music and activities for the younger children and teenagers such as Battle of the Winds.

It was amazing to visit the tall ships. The sailors were friendly and stopped when they were asked to have their photos taken with the public.

As a Family we had a great day out and really enjoyed ourselves.

Debbie R



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October Issues

9th Accreditation Celebration
Silken Thomas

18th Ladies Club Dublin Bus
Tour

26th Employment Dinner

31st Halloween Celebrations

October Clubhouse Calendar of Events

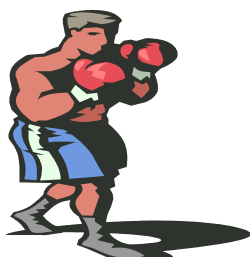
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 Policy Meeting, Art Class Ladies Group, *J.F.C Walking Group,	2 House Meeting Healthy Eating Wellness Day	3 Art class Relaxation Swimming S & E Mtg EVE sports day	4 Newsletter Team Men's Group Walking group	5 Relaxation, Crafts, Personal Awareness Course	6
7	8 Accreditation Policy Meeting, Art Class, *J.F.C Ladies Group, Walking Group,	9 Accreditation House Meeting Healthy Eating Wellness Day Social 7pm	10 Accreditation *World *mental *Health day Relaxation	11 Accreditation Newsletter Team Men's Group Walking Group	12 Relaxation, Crafts, Personal Awareness Course.	13
14	15 Policy Meeting, Art Class, Ladies Group, *J.F.C Walking Group,	16 House Meeting Healthy Eating Wellness Day	17 Art class Swimming S & E mtg Relaxation	18 Newsletter Team Men's Group Walking Group	19 Relaxation, Crafts, Personal Awareness Course.	20
21	22 Policy Meeting Art Class Ladies Group *J.F.C Walking Group	23 House Meeting Healthy Eating Wellness Day	24 Art Class Swimming Relaxation S & E mtg	25 Newsletter Team Men's Group Walking group	26 Relaxation, Personal Awareness Course, Crafts Employment dinner	27
28	29 Policy Meeting Art Class *J.F.C Ladies Group Walking Group	30 House Meeting Healthy Eating Wellness Day	31 Halloween 			

*J.F.C =Journeying Forward Course

The Olympics

For the last few weeks we have all been glued to the television watching the Olympics from London. First of all, let me say, the way the Olympics was run and organised by the British people was a credit to them. Our boxers once again did us proud, Katie Taylor winning a gold medal, while Paddy Barnes, Michael Conlan and Kian O' Connor won silver in Show- jumping and boxing. All of our athletes did us proud at the Olympics. What a pleasure it was to watch great runners such as, Mo Farah, Katie Ellis, Usuan Bolt, Swimmers like Michael Phelleps. I love looking at the gymnastics, the athletics, and the soccer. The opening ceremony was out of this world, even Queen Lizzy lost her head she jumped out of a plane with James Bond. For the closing ceremony, the Spice Girls got back together for a song, but not a night out after. The next Olympics are to be held in Brazil. In the meantime, we have the par- Olympics to look forward to. Irish names to look out for at the next Olympics are Michael Conlan, Annalise Murphy, etc.

Philip

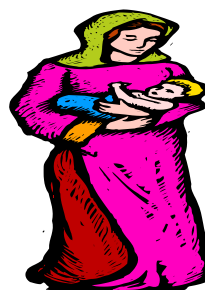


My first love

My first love was a lady, who worked so hard for me, always faithful, always mind.

She would wash me, cloth me, cook for Mr her love for me was un flinching.

She never ever stopped loving me till her last breath.



My First Love My mother

Eoghan D

Eoghan's love is like a comet,
Of substance and ravishing style
He's a Trojan of a worker,
And a genius of great guile.
His presence represents enterprise,
His laugh is ebullient and soft,
He's a cracking entertainer,
To whom all our hats are doffed.
People wonder what makes him tick,
Eoghan's got wisdom and strength to spare.
He's like a dove in motion,
This is Christian of such flair

Niall D

Barn Brack



Ingredients

makes one 2 lb (1 kg) loaf

1/2 oz (15 g) fresh yeast or 2 tsp dried

10 fl oz (275 ml) warm milk

1 cup (4 oz) 110 g strong plain flour (bread flour)

1 egg, beaten

1/2 stick (2 oz) 50 g butter, softened

2 1/2 cup (275 g) bread flour

1/4 cup (4 tbsp) 50 g caster sugar (superfine granulated)

3/4 cup (110 g) sultanas (golden raisins)

2 oz (50 g) candied peel (candied fruit), chopped

1 tbsp sugar, melted in 2 tbsp water

Method

- 1.** Mix the yeast, warm milk and the strong plain flour into a large mixing bowl and leave for 3/4 - 1 hour until bubbling.
- 2.** Add the butter and egg to the sponge mix, and then add the flour and the rest of the ingredients. Mix to a dough.
- 3.** Knead the dough on a floured work surface until smooth. Cover and leave to rise for about 1 hour.
- 4.** Knead the dough again.
- 5.** To shape, bring the edges of the dough to the centre. Turn the dough so that the bottom becomes smooth. Turn upside down and roll out to 1 1/2 inch (4 cm) thick. Place on a baking sheet (greased), and leave to rise for 30 minutes.
- 6.** Bake in a preheated oven at 400°F (300°C) gas mark 6. The result should be golden brown and sound hollow when the bottom is tapped.

Platinum house blessing

God bless the corners of this platinum house.

And be the Lintel Blesti, and bless the hearth and bless the board.

Bless all platinum members and each place of rest; and bless each door that opens wide in Platinum House.

Bless each crystal window pane that lets the star light in, and bless. Bless the roofer overhead and every sturdy wall.

Bless the peace of man and the peace of god.

The peace of love and all, wishing all platinum members a good lift

Eddie D



Autumn

It's autumn time once again we're already drawn into the dark mornings as they creep upon us. We also have the early nights, darkness coming too soon. It has been a quick summer, with no sunshine for anyone.

Where have those lazy, lazy days of sunshine, and warm summer nights gone to! All we got was rain upon rain, flowers got destroyed, and even the children could not get out to play.

All we can do now is try to embrace the coming weeks and months ahead of us, and look forward to getting out and about more, if we can perhaps we could take up a new hobby for ourselves, or even join up and take on a course for ourselves.

We can do lots if we set our minds to it. There's lots to be done for instance, tidy up our garden, or do a spot of painting and decorating. Some people help the elderly in our neighbourhood.

This season of autumn can be a new beginning for some as they further their education and go to college, while for others they may plan to repeat their leaving cert.

It's not all doom and gloom. Life can have new meaning for us as we prepare for the changes we see. The leaves on the trees change their colour and take on a lovely new shade.

Some fall off by the wayside but take on a beauty of their own. So we can go forward into the autumn with a fresh new outlook.



Frances

PLATINUM CLUBHOUSE INFORMATIONS TALKS FOR OCTOBER

9th Oct -Benefits and housing with citizen information centre

11th Oct-Advice on will making with Helen Dawson's Solicitors

October Birthday's



Happy Birthday to...Frances, Rose, John B, Anna, Philip, Noel, Sheena, Hugo, Patrick, Peter, Mary, Margaret, Tony, John F, Alan.

Premiership Season

The children are back at school, the evenings are closing in, Christmas is coming, but so is the new soccer season. Last year, Manchester City won the title for the first time in years. This year Manchester United will be out to win back the title, with the help of Van Persie. Chelsea last year after a slow start ended up winning the Champion League, this year they will be contenders for the title. Arsenal, my team, have lost a lot of good players, and it will be hard for them to win anything this year, to be honest they will do well to qualify for the Champions League again. So, who will win the Premiership. Chelsea and Manchester City will do well in Cup Compations. Newcastle United, like Arsenal will finish in mid-division. Liverpool, Spurs, will have poor seasons. I believe myself there is too much money in the soccer game. Average players are being paid too much money. In time, I can see a European Super League between the big clubs in Europe, becoming a reality. This would be good for the game of soccer in general, as it would give weaker clubs a chance to play in a level playing field. I also believe there is a cap needed to be placed on the amount of money clubs are allowed to spend on players. So sit back and enjoy all the highs and lows of the new Premiership Season.

Philip



RIP Linda
Freeman

May she rest in
peace



World Mental Health Day

@

Platinum

We have a line up of activities for mental health day



Art display

Patch work quilt

Wellness walk

Healthy lunch



October Quote

. October is crisp days and cool nights, a time to curl up around the dancing flames and sink into a good book."

D	I	X	O	B	Y	R	N	G	A	L	V
R	O	C	R	A	D	N	G	N	W	O	D
K	E	E	G	A	A	Y	N	L	R	A	W
I	V	L	A	G	E	G	O	L	O	N	F
N	L	I	E	N	I	V	L	A	G	O	G
A	C	E	W	B	E	A	A	H	L	N	N
H	K	O	S	N	N	N	O	L	A	A	U
S	D	O	R	D	G	O	Y	Y	L	G	O
R	N	Y	R	R	N	X	F	O	L	E	Y
A	B	E	L	L	I	I	N	U	C	R	H
M	W	A	R	D	K	D	A	R	C	Y	O
S	L	L	I	E	N	O	S	N	H	O	J

Andrews, Bell, Byrne, Coyne, Corr, Darcy, Dixon, Downey, Foley, Galvin, Gibson, Hall, Johnson, Keegan, King, Long, Marsh, Nolan, O'Neill, Regan, Ward, Young, -Yes

This month's interview is with

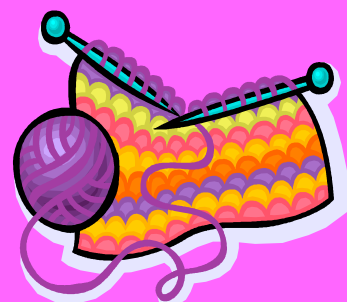
Debbie R

Favourite Meal Chicken curry & Chips

Favourite Movie Dirty Dancing

Favourite Sport canoeing

Favourite Hobby Knitting



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.

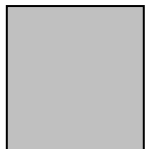
Members participate in mutually planned vocational, educational and social activities.



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

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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