



NEW SBRIDGE

Safe Talk

A very good talk was given on safe talk by a man named Ned Cusack. He explained to us about the need to look out for signs of people who were contemplating suicide, and to not be afraid to ask difficult questions of them as it could lead to preventing suicide.

I found it very surprising that you could easily miss the signs from a person who is suicidal. He showed us videos and clips in explaining his case and I found four hours a rather long time to do such a course. I personally found some of the stuff very disturbing.

All in all while I found the course very helpful I did find it rather long and very heavy and I could see how some people would find it rather difficult and disturbing.

Joe G

The safe talk was held in the clubhouse to co-inside with World Suicide Awareness week.

They suggest keeping an eye on signs that someone might be depressed and thinking of suicide.

- 1. Sleep disturbance**
- 2. Isolation**
- 3. Giving away possessions**
- 4. No interest in anything**
- 5. Speaking of no future**

Suicide is one of the three leading causes of death of both men and women between the ages of 15 and 44. In Ireland, four people a week take their own life. Sadly, according to a recent survey, most Irish people would rather not know if a friend is depressed. And research released recently by **St Patrick's Mental Health Services** found that 65% of us believe that being treated for a mental health problem is seen as a sign of failure in Irish society. On World Suicide Prevention Day it's worth remembering that we all have the power to reach out and help someone who feels like they can't go on. Your attitude could make someone think twice about taking their own life...

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October Events

3rd Harvest Wellness Workshop

3rd Jersey Day in aid of Goal.

10th World Mental Health day

16th F.A.I Football in Carlow

31st Fancy Dress Halloween Party

October 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Art Class Standard& Employment meeting	2 Newsletter team Men's group Walking Group	3 Relaxation Crafts Jersey Day	4	5
6 Policy Meeting Art Class Walking group Young Adults Group	7 House meeting Healthy Eating Wellness Day	8 Art Class Standard& Employment meeting	9 Men's group Walking Group	10 Relaxation Crafts World Mental Health Day	11	12
13 Policy Meeting Art Class Walking group Young Adults Group	14 House meeting Healthy Eating Wellness Day	15 Art Class Standard& Employment meeting	16 Men's group Walking Group F.A.I Football in Carlow	17 Relaxation Crafts	18	19
20 Policy Meeting Art Class Walking Group Young Adults Group	21 House Meeting Healthy Eating Wellness Day	22 Art Class Standard& Employment Meeting	23 Walking Group Men's Group	24 Relaxation Crafts	25	26
27 Policy Meeting Art Class Walking Group Young Adults Group	28 House Meeting Healthy Eating Wellness Day	29 Art Class Standard& Employment Meeting	30 Walking Group Men's Group	31 Relaxation Crafts Halloween Party		

Young Adults Group

The football association of Ireland (F.A.I) has organised a 5 side soccer tournament between the different disability organisations. The tournament will run over a year and will see teams from Offaly, Laois, Kildare compete for medals. Platinum Clubhouse merged with Harvest Centre (Kildare town) to make a very strong team. This team played 4 matches at 8 minutes each way. Eight minutes may not seem a lot but continued with the pace, the heat of the day and manager Carmel D putting us “under pressure”. The team worked very hard indeed. All that said our team was a little rusty at the beginning. We managed to gain two wins from 4 matches. Ruairi scored an impressive 2 goals. Philip also scored with a member of the opposition commenting on the power of his kick. He’s a good right foot. Aodhan was very impressive indeed and also scored a goal. It is hoped that the team will build on its strengths through practice sessions. It is envisaged that these sessions will take place in the Harvest Centre with their team members. We hope to come away with a medal and bring home the goal. The next match fixtures are the 16th of October and the 20th of November.

Young Adults Team

All Ireland Final

The 3rd Sunday in September brings in with it the blue ribbon of all sporting occasions in Ireland, the playing of the all Ireland senior Football Final. After a long summer of riveting games two teams emerged unbeaten to contest the final, on tradition Kerry would be strong favourites having won in excess of 35 titles. The bookies however made Donegal favourites on the back of a scintillating victory over the hither to invincible Dublin.

Kerry recorded their 37th senior All Ireland title in a painful, boring and lack-lustre match that was instantly forgettable in Croke Park this afternoon. There was no respite for the viewer as bad passing, fumbling and swarm defending was the order of the day. It took Donegal almost 28 minutes to get their first point from play.

In a way the game was obscene no kick passing, high fielding or any of the other skills of Gaelic football were on view. The cup was not won; the difference between the sides was a goalkeepers error from the kick out passing the ball to Kevin Donaghy who said thank you very much. The winning margin was 3 points.

Pierce O C



CATERING UNIT



Barn Brack

-
- 1 cup of strong tea
- 6 oz/180g brown sugar
- 9 oz/250g plain flour
- 1 lb/450g mixed dried fruit
- 1 egg (lightly beaten)
- 1/2 level teaspoon bread soda

1. Put tea sugar and dried fruit in a bowl, cover & leave to soak over night
2. Pre heat the oven to 180 c / 350 f Gas mark 4
3. Grease a 2 lb loaf tin.
4. Add the lightly beaten egg to the fruit mixture.
5. Sieve the flour and bread soda together and fold into mixture.
6. Turn into the prepared tin. Place in the pre-heated oven and bake for 1.5 to 1.75 hours.



Green Finger Corner



Garden is now fully matured and a good crop was produced and we are slowly harvesting it as required for the Catering unit, eg Garlic Chives, Parsley and we are planning to make soup and chips from the artichokes. There has been good growth over the last month so picking is on going. Thanks to Paul and his team for all their work over the past few months. A lot was learned. We will keep you up to date next month, as to what we are planning for the upcoming months of winter, come spring .

The Gardening Team.



F.A.I. Football Tournament



The Harvest Centre and Platinum Clubhouse had 9 members between them to play 5 a side team in the F.A.I. Tournament in Carlow. We played 4 games in all and lots of fun was had by everyone.



October Birthdays



Frances H, Rose N,
Ursula C, Anna W, Phillip F, James K,
Noel M, Sheena H, Desmond D,
Peter K, Mary O' L, Tony K, John F,
Al O' N,

Knock

Six of us decided to go to Knock last Thursday for our own individual reasons. It was the week of Our Lady's birthday. We left the clubhouse at 7.30am and enjoyed our journey down as it was a beautiful morning. We stopped off in Longford for our breakfast. We arrived in Knock at about 10.30am in time for healing mass. We went into the small church as the Basilica was being renovated. The mass was special and we got a blessing of the holy oil. A lot of people come to Knock in search of healing and peace.

Afterwards we went into the various shops where we got prayers said for our loved ones, and bought some souvenirs to bring home. We also got lots of holy water. Knock is a very peaceful place to visit, and there are lots of pilgrimages from April to October. It is also a place of welcome for all to join together in prayer. The story of Knock began when 15 people from Knock Village witnessed an apparition at the gable wall of the Parish Church. The grounds are vast and groups can avail of a guided tour of the Shrine Grounds. On our way home we stopped off in Athlone for a beautiful relaxed meal in the Hudson Bay Hotel, and we arrived home at about 7.30pm tired but content.

Frances H



Halloween

October to me is a special time of the month as it brings up memories of Halloween and all that entails spooky stories, bonfires, fireworks displays, and people dressing up in fancy costumes. I feel everyone both young and old enjoy Halloween once its done safely ie.

The lightening of bonfires at night. We love to play all the tricks like trying to catch and eat an apple hanging from a piece of cord, or finding money dipped in a saucer of flour.

The children too have to dress up and go trick or treating at night with their parents. Its fun time, we all need a bit of fun in our lives from time to time. It keeps us young at heart. So everyone lets celebrate Halloween safely and enjoy it.

Frances H



Birthday Photo



Aíne B

D	O	I	N	D	A	F	D	I	G	G	E
I	I	O	D	K	C	U	A	E	D	L	D
G	S	I	A	D	E	S	K	D	L	D	E
E	D	O	Y	H	N	H	A	U	U	U	E
G	A	E	S	D	A	E	D	D	U	C	K
N	N	Y	I	E	D	A	F	T	E	R	S
A	G	S	A	A	A	E	Y	E	O	E	U
D	H	D	D	L	G	D	E	I	D	G	D
L	A	O	E	T	G	O	H	D	I	G	R
A	E	L	C	E	E	P	D	I	P	I	O
U	D	E	K	H	R	E	G	N	A	D	O
D	O	I	N	G	D	I	S	E	G	U	D

Dad, Daft, Dagger, Daisy, Dane, Danger, Dead, Dealt, Deck, Deed, Deer, Desk, Die, Diet, Digger, Dine, Dip, Dish, Doe, Dog, Doing, Dole, Door, Dope, Dual, Duck, Dud, Dug, Dull, Dusk,

This month's interview is with

Frances H

Favourite Meal: Roast Beef

Favourite Movie: Musicals

Favourite Sport: Swimming

Favourite Hobby: Reading



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

