



## NEW SBRIDGE

### Platinum Clubhouse Barbeque



The Platinum Clubhouse Barbeque started at twelve. All of the members that were in that day helped to get the food and the outside area ready for the barbeque. We had sausages and burgers that were cooked by former TD Sean Power. All of the members enjoyed the food immensely. Loads of us helped to bring out the chairs and tables that we all sat at for the barbeque. In total there were over fifty people here for the barbecue. There were also salads prepared by our resident chef Kate. We had potato salad, coleslaw, egg mayonnaise, rice salad and cheese. There was also music that was provided by some of the members bringing in their cd's for us to listen to. All in all everyone had a brilliant day that was enjoyed by all.

**Jonathan D**



#### Inside this Issue:

**Page 1:** BBQ

**Page 2:** Calender of Events

**Page 3** Young Adults Group

**Page 4:** Catering Unit

**Page 5** Babbling rock

**Page 6:** The Garden County

**Page 7:** Puzzle / Interview

#### September Events

**3<sup>rd</sup>** Quiz

**11<sup>th</sup>** Kildare Village

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

**26<sup>th</sup>** Employment Dinner in Toughers

## September 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> Policy Meeting Art Class Walking group	<b>2</b> House meeting Healthy Eating Wellness Day	<b>3</b> Art Class Standard & Employment meeting	<b>4</b> Newsletter team Men's group Walking Group	<b>5</b> Relaxation Crafts	<b>6</b>	<b>7</b>
<b>8</b> Policy Meeting Art Class Walking group	<b>9</b> House meeting Healthy Eating Wellness Day	<b>10</b> Art Class Standard & Employment meeting	<b>11</b> Newsletter team Men's group Walking Group	<b>12</b> Relaxation Crafts	<b>13</b>	<b>14</b>
<b>15</b> Policy Meeting Art Class Walking group	<b>16</b> House meeting Healthy Eating Wellness Day	<b>17</b> Art Class Standard & Employment meeting	<b>18</b> Newsletter team Men's group Walking Group	<b>19</b> Relaxation Crafts	<b>20</b>	<b>21</b>
<b>22</b> Policy Meeting Art Class Walking Group	<b>23</b> House Meeting Healthy Eating Wellness Day	<b>24</b> Art Class Standard & Employment Meeting	<b>25</b> Newsletter Team Walking Group Men's Group	<b>26</b> Relaxation Crafts Employment Dinner	<b>27</b>	<b>28</b>
<b>29</b> Policy Meeting Art Class Walking Group	<b>30</b> House Meeting Healthy Eating Wellness Day					

## Young Adults Group

Over the last month we had a large attendance in our group. Our group meets once a week and discuss different work that's out there and different topics. Also we decide on different outings like the cinema, day trips or social outings. Our group went on a trip to Camphill to see what the place was like and what work they do. The group have also helped out doing the photograph consent forms and also have helped out in the barbeque by getting the place all set up and tidying up the place afterwards. We also did a quiz against the oldies and it was a fair and fun quiz. Everyone all enjoyed it and played well. We have also been doing cookery classes, cooking deserts like mars bar rice crispy squares, chocolate cheese cake brownies and apple crumble. It was a good way of starting our group and a way of socialising and doing different things in our community.

Michelle F



## A Time for Change

September can be a month of change, a change in the weather as the days and nights begin to close in on us. We can be lucky, as we get some nice crisp mornings. It's a time of year for changing our lifestyle also. Instead of staying on in bed, mothers and fathers have a role to play for their children as they return to school. We tell our little ones that may be going for the first time how great school will be for them as they make new friends and meet their teacher. For those already in school we try to encourage them to study a little more. Students return to college as they prepare for their masters degree or important exams for the coming year ahead. Some people look forward to doing some night classes. They take the opportunity to do courses and learn something different. It is also an hour out of the house for some as they learn new skills. There are lots of courses for everyone to enjoy. It's a lovely time to see the leaves beginning to fall off the trees. There are some beautiful variegated ones which are very eye catching as we stroll along. A lot of them fall by the way side but we enjoy their beauty. Some like to collect them as a hobby. People who work on fruit farms have a lot of preparing to do with different fruits as they grow them for the coming months, like gooseberries and blackcurrants. Other people love to do a work out of some sort to keep fit. They sometimes join a gym or go walking with their friends, or jogging in the mornings. While others like to go swimming. And so autumn has many things to offer. It's a busy time of year for everyone, as we hear the gentle soft breeze at night and gaze upon the glory of the russet, orange and brown leaves as they fall thumbling down from the trees.

Frances H



## CATERING UNIT

### *Mars bar Rice Crispy Squares*



#### **Ingredients:**

##### **Bottom Half:**

200g Butter

6 Mars Bars

200g Rice Crispies

##### **Top Half:**

250g Milk Chocolate

#### **Recipe:**

1. Melt the 200g of butter and the 65g of mars bars together over the heat of the hob. Melt the two of them together nice and slowly and carefully.
2. Add the melted mixture to the rice crispies.
3. You then put cling film in a Pyrex dish or metal container. Line the inside of the tin or dish.
4. Put the mixture into the dish and leave to set in the fridge.
5. Melt the milk Chocolate over a bowl of hot water.
6. Pour the milk chocolate over the rice crispy mixture.
7. Put it back into the fridge and leave to set.

## In the Town Where I was Born

In the town where I was born in a flat  
where I was raised,

Oh how wonderful where those days  
there

Lived a man who came to see how we  
were getting on

And we would all just smile and say we  
live on bread and margarine  
we live on bread and margarine and  
toast on a Sunday if we were lucky of  
course

We live on bread and margarine we live  
on bread and margarine and that is why  
we were not fat.

Yes we all live on bread and margarine,  
now what do you think of that

Yes we all live on bread and margarine  
We all just live on bread and margarine  
and toast on Sunday if we were lucky  
that is why we are not fat.

Yes we all live on bread and margarine  
now what do you think of that.

**James P**



## Abstractly why I Love clubhouse.

*That's the way in Wonderful  
Clubhouse, we were taught,  
so thanks a million my  
clubhouse friends.*

*I love free time a lot as our  
souls lovingly ascend.*

*As we lovingly gaze to  
heaven, isn't clubhouse  
escapism to be appreciated I  
smiled thinking of clubhouse,  
paradise so cool also needs  
to be appreciated*

**Niall D**



### September Birthdays



Pat C, Aine B, Seamus S,

James P, Vera F, Ray C, Jimmy N,

Sylvia K & Paula D.

## The Garden County

Wicklow is the county I grew up in throughout my life just outside the town of Baltinglass. It is known as the garden county because of its beauty in nature and its wilderness. The county is renowned for its agriculture background and tourism and is also well known for Glendalough the early Christian settlement started by St Kevin which consists of a round tower and church. Baltinglass hill consists of the cross which lights up at night to a bright red and the ring fort at the far side of the hill, where the Pagan worships took place before the advent of Christianity. The best well known people of Wicklow is the footballer Kevin O'Brien, Billy Timmins and Tommy Cullen the counsellors and local politicians. The town of Arklow is renowned for its pottery and all the cups, saucers and plates it manufactures.

Bray is the largest town in Wicklow with a population of nearly 100,000 and is almost connected to Dublin. It is the fastest growing population centre in Wicklow at the moment. The best well known football pitch is in the town of Aghrim where all the main football matches are played. The history of Wicklow is strongly connected with the 1798 rebellion in which thousands of people were killed in the savagery of the repression of the rising. It was also connected with the rebel leader Michael Dwyer and his band of rebels which roamed the Wicklow area until 1803. The Glen of Imaal is also part of the Wicklow landscape in which the army train in manoeuvres.

**Tommy K**



## A Friend

A Friend is always a friend  
As we travel through this life, we meet all kinds of people.

The first are our parents, siblings  
And then as we travel on the path of life we meet friends.

The people who see you as you are  
And take you that way, and then  
Life throws up the unexpected a friend passes away.

But you know they are only gone for a while and one day you will meet again.  
Eventually tears fade and smiles return.  
The happy memories will always be there.

A friend is always a friend.

**John F**



## Birthday Photo



**Bernard K**

9	5	0	2	5	8	4	3	3	2	0	6
5	2	3	4	4	9	0	4	8	6	5	4
6	1	2	7	1	4	8	2	5	3	9	7
0	4	5	8	0	2	6	6	9	2	2	2
7	7	4	6	9	3	1	9	2	0	1	1
3	9	6	3	8	7	7	3	7	3	3	7
6	3	7	2	7	9	3	2	8	6	4	8
9	1	9	4	2	4	5	4	6	7	1	8
8	0	8	2	2	0	6	7	2	9	2	0
5	4	5	7	7	3	0	8	4	7	3	6
1	8	3	8	6	8	4	9	0	4	8	8
4	3	0	3	9	5	1	2	6	7	2	0

027621, 052702, 087052, 140653, 167964, 194918, 243247, 278312, 293718, 324797, 364831, 392843, 432479, 457730, 484771, 527027, 542491, 589764, 627831, 660403, 697610, 703726, 764523, 792258, 847716, 862406, 897645, 927602, 962730, 987423

This month's interview is with

Mary F

Favourite Meal: Roast Chicken

Favourite Movie: Comedies

Favourite Sport: G.A.A (Dublin)

Favourite Hobby: 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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