



NEW SBRIDGE

Our Supported Holiday to Kilkenny

On Tuesday the 5th of May, clubhouse members and staff headed off on our supported holiday to Kilkenny. We stayed in the Rivercourt Hotel, which is in the middle of the lovely city of Kilkenny. We checked into our rooms, and then walked up in the spills of rain for a meal in Eddie Rockets. That night we had a lovely meal in the hotel.

Wednesday morning, myself and Stephen L plus the lovely Carmel and Debbie went for a walk before breakfast, later Clive and I did a tour of the shops in Kilkenny, backed a few horses and had lunch in the ground floor café. Back at the hotel we got spruced up for our night out in Langtons, here we had a lovely meal and celebrated Paddy M birthday.

On Thursday morning we visited St Canices Church, where some of us climbed the round tower, alas time to pack our bags and go home.

The Platinum Clubhouse supported Holiday and socials are better than any tablets or therapy for members. For some members it is their only social outlet, it gladdens the heart to see how it improves member's health.

A big thank you to the clubhouse for all their hard work in this and to thank all the clubhouse staff.

Philip F



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June Events

1st Bank Holiday
Clubhouse closed

2nd to 21st June Fest

26th Employment Dinner

June 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Bank Holiday	2 House meeting Healthy Eating Men's Group Young Adults Group	3 Art Class Standard & Employment meeting	4 Creative writing Walking Group	5 Relaxation Crafts	6	7
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Young Adults Group

Yvonne facilitated the young adults group for the last year. Last month Yvonne began a new job and Kay kindly volunteered facilitating the young adults group. This meant that there were some changes to the days on which we meet. We would like to take the opportunity to welcome Kay on board and are delighted she is working with the group. An update of the football the last match had to be cancelled due to the rain. The team is really looking forward to the next match which is to be held on the 11th of June in Carlow. They are confident of winning the medals on the last day. The young adults group will hopefully be involved with the tidy towns committee in cleaning up once a week by using the pickers up . The highvis vests and the picker ups have arrived. We expect to see the group coming on board for that to happen. The blog has been updated on what has happened the last while. The 15th is the green ribbon day time to talk for mental health day. Platinum will be very visible on social media. Again we would like to remind all young adults that we meet every Tuesday after the house meeting . We welcome all you participating in, and contributing to the work order day in, Platinum Clubhouse. Activities which include working in different units of clubhouse, involved in social media, educational, training and social activities. We would like to take the opportunity to wish Yvonne good luck in her new job. A group of members went on the supported holiday to Kilkenny. The holiday was very good and everyone enjoyed the holiday. There was lots of things to do and places to go around Kilkenny. Everyone enjoyed the holiday.

Michelle F



The Curiosity Shop

The curiosity shop, was always somewhere I intended to visit but never seemed to get round to it. However I had my mind made up to-day was my day, just for myself and my lovely niece Joanna. Everything I wanted to see was in that shop as it happens it was a fun shop too, full of jokes I knew it would spark up memories for me. On entrance I first noticed the wigs and costumes which brought me back to my good old days and I had to laugh as I tried on one of the wigs and costumes. I was back in Victorian era and Joanna snapped me as I did a twirl round the floor only to walk into dog poo, ugh! Next we came across all the joke books which was so funny we both fell about laughing. They don't make them nowadays! As for all the puppets, well I remember "Punch and Judy show" years ago and the Lambert puppets were a thrill on a Saturday Afternoon. The magic wands were next where Joanna tried to get a rabbit out of a hat only to find a hole in the middle of the hat. How innocent we were then. I tried on a witches hat next and a face mask. I had the broom in my hand, put on false nails when Joanna snapped me. I really did look like a witch with the spiders and their webs all around me. It brought back memories of Halloween and harmless fun. I walked on and found some sneezing powder and some itching powder. A little bit wont hurt I thought to myself. I nearly blew down the whole shelf not to mention all the scratching I did. I was in the stitches when I saw myself going through the hall of mirrors, I looked like something out of a horror film I thought, as I stepped on a box and jumping jack in the box jumped out at me. I let out a shrill when Joanna came from behind me with the noise of the caps. I beat her to the water pistols and drowned her hair. We tried on some moustaches and we looked like the guards at Buckingham Palace. Lastly we found some invisible ink and tried to write but nothing showed up on our pages, I wonder how it works! After about two hours we left the curiosity shop. I felt like a child for awhile again and it did not matter what age I was. You can enjoy life at any stage of your life.

Frances H



CATERING UNIT

Tropical Lemonade

Serves 10



Ingredients:

1 ½ cups freshly squeezed lemon juice (from about 12 lemons)

½ cup sugar

6 cups water

2 6oz cans pineapple juice

1 12oz can apricot nectar

2 12oz cans ginger ale

Lemon slices or fresh mint to garnish

Ice

Directions:

Place the lemon juice, the sugar, and 1 cup water in a large pitcher.

Stir until the sugar dissolves,

Then add 5 more cups water, the pineapple juice, the apricot nectar, the ginger ale.

few slices of lemon or fresh mint to garnish, and plenty of ice.

Cinema Social

Mall Cop 2

On Wednesday the 20th May some members from Platinum had a light supper in the Clubhouse before going to the cinema to see Mall Cop 2 by Paul Blant.

The film lasted 94 minutes, Paul the main character became a mall cop who tried to protect his daughter from growing up. A gang was trying to steal the art from the mall and Paul's daughter got caught up in it.

There was plenty of action in the film and a lot of funny scenes.

Paul C said it was a light hearted American Comedy and the only piece of entertainment in it was when the horse back kicked Paul into mid air.

The verdict of the film was poor rating, we found it boring and non-entertaining. It was a poor follow up to Mall Cop 1; we would not recommend it to anyone.

The film was rated 5 out of 10 to 6 out of 10.

Cinema Group



Sweet Shop Heaven in Kilkenny

The sweet shop was located in the centre of the town and also beside the River Court hotel and Edward called it the sweet heaven. Everyone paid a visit and purchased old sweets which can not be sourced in modern shops today. Some bought fudge, white mice, chocolate frogs, golf ball chewing gum, old fashioned sweets, and emerald isle and of course Kilkenny rocks were bought for family and friends at home. It was a shop that reminded us of our youth and to the days of the penny sweets but now we have got older we relived the experience for our sugar fix. We would highly recommend this sweet heaven shop to anyone passing there for a quick buy. Keep up the good work.

The coffee Dock Group



June Birthdays:

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



Holiday in Kilkenny

To the marble city on our way
Travelling in the coach in style
All hoping a good time to stay
That the rainy weather would not spoil
In an hour or so we were there
Captured the Rivercourt hotel in our view
A beautiful place beyond compare
The atmosphere place on the banks of the Nore
Soon explored the city eager and free
A medieval city for all to adore
With so many interesting sights to see
On a train bus travel around
In an adventure so worthwhile
To many historic places we were bound
Without a call or any of a toil
A city steeped in history so fine
Built by the Normans years ago
It seems to never change in time
Like Kilkenny Castle we cherish so
We also enjoyed dinner at Langtons Restaurant
With menus so pleasing to our tongue
Everything was the way we could want
With chat and laughter and so much fun
Farewell to the city of our dream
We will visit it another time again
Cheers to Kilkenny hurling team
Where the cats are hardy men
What a holiday, what such fun
We had so many things to do
Our minds elated and our hearts won
How fast the time it flew
A break away from life of routine
Can do a person very well
Kilkenny, the city of our dream
With many a story to tell.

Paddy M



Kilkenny

At last the day dawned and after a hearty breakfast we boarded the bus for our holiday in the medieval city of Kilkenny. Three days and two nights of sight seeing, shopping, wining and dining. We arrived about two hours later and made our way into the River court Hotel. The hotel is situated in the centre of the town on the banks of the river Nore. The lobby was elegant dressed in shades of grey with plush couches and armchairs. This was to become our meeting place for the duration of the holiday. Checking in (all twenty five of us) reminded me of my days in Aer Lingus. The bedrooms were both spacious and comfortable. From all accounts Clive's bed could fit three plus Clive! Having unpacked I made my way to the Kilkenny Design Centre just across from the castle. I browsed and then purchased some 'linen look' napkins as a memento of my trip. Then I strolled back across the bridge to our Hotel bar where I sat and read the newspaper and sipped my tea. Very relaxing, soon it would be time to dress for dinner. By seven pm everyone had arrived down for dinner dressed in their finery. I was nick named 'Lady in Red'. The dining room was brightly lit with flowers and candles on the tables. The food was good and the service friendly and efficient. The wine was chilled and the conversation lively. Next morning after a buffet breakfast, I went to explore the castle. As luck would have it Wednesday was free admission. The castle was built in 1195 by William Marshal for the 15th Earl of Pembroke. It controlled a fording point on the river Nore and was a symbol of Norman occupation. James Butler 2nd Earl of Ormonde, bought the castle in 1391 and established himself as a ruler of the area. The castle was given back to the people in 1967 for Fifty Pounds. After the tour I met up with Aine and Mary and we had lunch in Kilkenny Design, yum yum but expensive!! We then joined up with the rest of the gang on the Kilkenny City Road Train. This brought us on a 25 minute tour of the medieval city thus providing us with a fascinating insight into the history of Kilkenny. For our second night we went to the renowned Langtons House Hotel, Restaurant and Bar. The food was superb. I particularly enjoyed a crisp New Zealand Sauvignon Blanc much to Breda's amusement. For me the best part of the mini holiday was the company. Being part of a group and meeting up for dinner and hearing who went where and who did what. On the final day some early birds went to see St Can

ice's Cathedral. Then it was time to leave. We all said we would have liked another night. So that speaks for itself. We had a ball and I for one am looking forward to next year.

Word Search

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

Barry, Billy, Bobby, Clive, Colin, Conor, David, Fionn, Gerry, James, Jamie, Jimmy, Larry, Lucas, Micky, Nicky, Ollie, Paddy, Patsy, Peter, Ronan, Steve, Tommy

This month's interview is with

Frances H

Favourite Meal: Roast Beef

Favourite Movie: *Gone with the wind*

Favourite Sport: None

Favourite Hobby: Knitting and tapestry



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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