



Platinum Clubhouse

Would like to wish all our readers a happy, healthy, and safe new year. Looking forward to returning to a good life style in 2022.



New year's resolutions

Every year we think new year's resolution are about things we have to give up, but what if we change it around and think of things we can take up. New year resolutions can put some people under a lot of pressure, and some people can do without that pressure. Be kind to yourself and that can be the start of a resolution and that can be a positive thing. Think of something you enjoy for example nature what if you planted a window box and planted your favourite flowers, or got to build a bird feeder and watch the different kinds of birds that feed from it, if you like music make a playlist of your favourite songs that lift your mood.

Make a list of your favourite places and plan a way that you can visit the place.

Resolutions are not just to take your favourite things away from you but can be used to make you happy so as they say "out with the old and in with the new", way of making a new year's resolution. Happy New Year
All



Martina D

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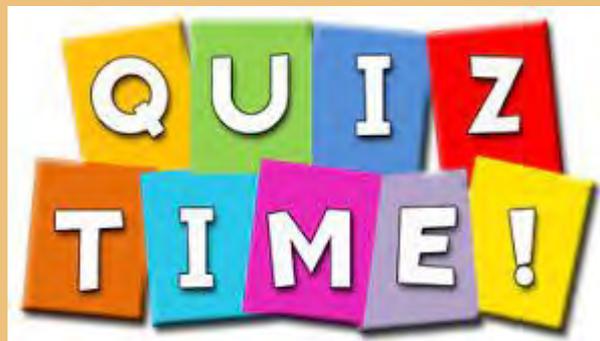


January Birthdays

James C
Damien O'T
Barry McKeever
Ronan B
Tracy K
Vanessa C
Phil D
Joe B
Paul K
Patsy G

Big Christmas Quiz Answers

1. Nine Presidents of Ireland; Douglas Hyde. 2. Sean T O'Kelly 3. Eamon De Valera 4. Erskine H Childers 5. Cearbhall O Dalaigh .6. Patrick Hillery. 7. Mary Robinson 8. Mary McAllese 9. Michel D. Higgins.
2. Raheens, Moorefield
3. Snow White
4. Ariel
5. Aladdin
6. True
7. Toto
8. Kate Winslet
9. Spiderman
10. 1971 Japan
11. Dolly Parton
12. Johann Strauss
13. Garth Brooks
14. Amsterdam
15. Coronation Street
16. Katie Taylor, Kelly Harrington
17. The Curragh, & Wicklow
18. Clint Eastwood
19. 1999
20. Seven
21. Work Order Day
22. The Gilltown Stud (Aga Khan)
23. ABBA Voyage
24. Wicklow Mountains
25. George Orwell
26. Modern flushing toilet
27. A dance school teacher
28. Mixed racer and mountain bike



Things that happened in Ireland in 2021

1. Naas win first prize in National Irish Business Against Litter
2. Six wins at the Cheltenham Festival by Irish female jockey Rachael Blackmore.
3. St. Brigid's Day has been announced as an extra bank holiday in 2023
4. Team Ireland won two gold medals and two bronze medals at the rearranged Tokyo Olympics
5. Newbridge musician Christy Moore won a lifetime achievement Award at the RTE Radio Folk Awards
6. An 80-year-old man from Arann Mhor off the Donegal coast is travelling around the coast of Ireland and swimming at as many piers as possible to raise funds for charity.
7. Kilkenny based animation studio Cartoon Salon got another Oscar nomination for its feature Wolfwalkers.
8. 44 Irish designers, members of the Council of Irish Fashion designers (CIFO), presented their first digital fashion show in September 2021. This was an impressive half hour long presentation. The collection ranged across fashion, jewellery and accessories, with each designer showing 3 items.
9. Naas Town Hall is a landmark, iconic building on Main Street in the centre of Naas, Co. Kildare. It is currently being redeveloped into a new community library for the people of Naas and its environs. The building is of great historical and architectural importance and is greatly loved by the people of Naas.
10. Top Google search terms in Ireland, 2021:

1. European Championship
2. Premier League
3. Coronavirus
4. Seesaw
5. Christian Eriksen
6. Champions League
7. Zoom
8. Prince Philip
9. Virgin Media Player
10. Sarah Everard



New Bank Holiday 2023

Platinum Group

Tips for a Healthy Life Style

- Cut down on Alcohol
- Cut down on smoking
- Drink water and hydrate
- Exercise at least 4 times a week e.g., walking
- Get at least 8 hours sleep per night
- Limit phone time and screen time daily
- Reduce your sugar intake
- Eat fresh fruit and vegetables daily
- Eat fish twice a week
- Always eat a breakfast



Michael B

New Year's Jokes to start off 2022 with the best laugh.

1. My New Year's Resolution is to stop procrastinating. But I'll wait until tomorrow to start!
2. New Year? I just got used to the last one!
3. What does a ghost say on January 1st? Happy Boo Year!
4. What's a cow's favourite holiday? Moo Year's Day!
5. What is a New Year's Resolution? Something that goes in one ear and out the other!
6. What has four legs, a back and no body? A chair
7. What snake would you get doing maths? An adder
8. What is black, white and read all over? A newspaper

Sheena H / Seamus D

St. Brigid's Well

Saint Brigid's feast Day 1st February marks the slow awaking of the earth spring after the winter.

She is remembered as a goddess of the Christian world. The sacred well is a place of pilgrimage, an ancestral tradition of walking to the well on a quest for physical and spirited nourishment, kept neat and tidy there is an aura of ancientness. The well is fed by a spring that flows underground opening under a stone archway. The stream flows past a modern bronze statue of Saint Brigid.

Rags or clothes are tied in the trees by people who believe the healing properties of the well. The Saint found a convent in Kildare in the year AD 470. A Brigid's cross is woven at this time and she has many patronesses, the poor, blacksmiths, beekeepers, brewers, singers, mothers and infants.

Paul C

May the mantle of your peace
Cover these who are troubled and anxious
And may peace be firmly rooted in our hearts
And in our world
Inspire us to act justly and to reverence
All God has made
Brigid you were a voice for the wounded
And the weary
Strengthen what is weak within us
Calm us into a quietness that heals and listens
May we grow each day into greater
What less in, body and spirit.
Amen

BRIGIDINE SISTERS KILDARE.



My New Year's Trip to Holland

I went to Holland just after Christmas to see the New Year in.

We have a tradition to stay up till midnight and to congratulate our neighbours with New Year wishes.

At 24.00 hours fireworks are set alight.

Beautiful displays

I also visited my mother every day. She is happy in her nursing home.

Wishing you all a Happy New Year 2022

Tyca R

Memories of my lady in red

Dear Frances and I met in the Platinum Clubhouse after years of enjoying all the different services the clubhouse provides, she excelled in making people welcome in Reception and enjoyed the teamwork in administration, the staff and I miss her company, her lovely warm smile brightened everyone's day.

She came to Newbridge and found a new lease of life, she made friends and became herself again, travelling and meeting people around the country, Knock basilica was her favourite place to relax and pray, a regular at St. Conleth's church and the Curragh for prayers in the car while I photographed the horses. Frances reached out to her family and enjoyed the prospect of grandchildren and regular visits. Frances loved to dress up particularly in red with a little bling and party with her clubhouse friends, after a year has passed since her tragic passing, that is how I remember her.

Paul C

If you need help in post holiday times
Useful help lines are as follows to call:

Aware Support Line 10am-10pm. 7 days a week 1800 80 48 48

Samaritans services are available 24 hours a day, for confidential, non-judgmental support. Free phone 116 123.

Visit www.samaritans.ie for more information

Pieta House 1800 247 247 or **Text Help** to 51444

24/7 Text service: **text Hello** to 50808

Your Mental Health.ie 1800111888

Tips for personal budget 2022

Be prepared to do this in your mind

Set your goal

Note your income

Take note of your outgoing weekly

Look at your habits of spending and adjust same

Keep a track of spending

Buy only what you need

Use your local library instead of buying books and DVDs

Look in your community for free entertainment

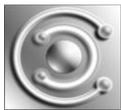
If you need help with managing your income, make an appointment with MAB's;
0818072600

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 the Clubhouse.

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



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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***

