



Platinum Clubhouse

NEWSBRIDGE

Volume 22 Issue 9
September 2022



Green Ribbon Month



This collage was made in Platinum Clubhouse to celebrate Green Ribbon Month.



Whilst I was working on the green ribbon dress, I thought that everybody is equal whether having a mental health issue or not. We can all shine and reach our full potential.

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September Birthdays

- Pat C
- Aine B
- James P
- Vera F



September 2022

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
		<p>Dates to be decided on more events for Green Ribbon</p> <p>Whitewater shopping centre green ribbon event</p>	<p>1 Publications 2 pm Thought of the day</p>	<p>2 Wellness Token Event</p>
<p>5 Policy Meeting 12 noon</p>	<p>6 House meeting 1.45 pm</p>	<p>7 Standards Meeting 12 noon Education & Community Employment</p>	<p>8 Publications 2 pm Workshop on stigma surrounding Mental Health</p>	<p>9</p>
<p>12 Policy Meeting 12 noon</p>	<p>13 House meeting 1.45 pm Basic Digital Skills</p>	<p>14 Standards Meeting 12 noon Education & Community Employment Green Ribbon Event, Newbridge Resource Centre</p>	<p>15 Publications 2 pm</p>	<p>16</p>
<p>19 Policy Meeting 12 noon</p>	<p>20 House Meeting 1.45 pm</p>	<p>21 Standards Meeting 12 noon Education & Community Employment</p>	<p>22 Publications 2 pm</p>	<p>23 Culture night</p>
<p>26 Policy Meeting 12 noon</p>	<p>27 House Meeting 1.45 pm</p>	<p>28 Standards Meeting 12 noon Education & Community Employment</p>	<p>29 Platinum will drop boxes of green ribbons to local companies</p>	<p>30</p>



Congratulations to Joe G on winning this brand-new Hyundai from his local Credit Union !

My New Car

Saturday 6th August I was just getting ready to go the Curragh races when the phone rang. What's this now, I thought and I in a hurry. A female voice on the far side said is that Joseph Garrett and I said yes. She then said she was from Kildare Credit Union and I had just won the car in their draw and I was to contact Fitzpatrick's Garage. She said it was a Hyundai 110 car and since my own was a 06 Micra ,I decided to keep the new car. When I eventually contacted Fitzpatrick's Garage, I was told that the salesman dealing with it was on holidays and would not be back for another week and all they wanted to know at that stage was if I was keeping it or not so they could register it in my name and get number plates fitted. I brought over my old car last Tuesday at 12.00 and picked up my new one. I decided I would go to the charity hurling match in Newbridge that evening and brought the car. As I approached the town the traffic slowed down and when I brought her down through the gears an alarm went off. I got home any way and when I went through all the manuals etc and it turned out that although I had closed the boot, I hadn't locked it and this was the cause of my alarm going off. I have not had an opportunity to do too much driving since but I hope to take it for a good spin shortly and get to know all the other little features that are new to me from driving my old car. I hope that the white Hyundai will serve me well and keep me safe.

Joe G

Clubhouse Music Quiz Questions

1. Which band released a 2003 album entitled 'Youth and Young Manhood' ?
2. Former Spice Girl Melanie Chisholm dueted with which Canadian singer-songwriter on the 1998 single 'When You're Gone' ?
3. Which band released a 1974 album entitled 'Crime of the Century' ?
4. Which singer released a 1989 album entitled 'Foreign Affair' ?
5. In the song, how many ships came sailing by on Christmas Day ?
6. Which English model was married to musicians George Harrison and Eric Clapton ?
7. What colour 'onions' is the title of a 1962 hit for Booker T and the MG's?
8. Which US singer did Lisa Marie Presley marry in May 1994 ?
9. Which US singing duo started out under the names Caesar and Chloe?
10. Which US singer released a 2000 album entitled 'Music'
11. What was the title of the Beatles first single for EMI, released in 1962 ?
12. Larry Mullen Jr is the drummer in which Irish band ?
13. Which member of Take That replaced Simon Cowell as a judge on the British 'X Factor' ?
14. Which country singer was known as 'The Man in Black'?
15. Which US singer is known by the nickname J Lo ?
16. Which British singer released a 1972 album entitled 'Blondes Have More Fun'?

Answers to Quiz on next page.

Elvis Arron Presley

Elvis Presley's life ended on August 16th 1977 when his Girlfriend Ginger Alden found him unresponsive in his bathroom having fallen from the toilet in a fatal position. Elvis had been dead for at least 3 hours before it was discovered. What killed Elvis Presley? Elvis died of poly pharmacy, a lethal concoction of several drugs including Demerol, Codnil, sleeping pills, Valium and several others which caused his heart to stop. In his final year, Elvis's drug abuse was mainly downers and sedatives. For instance, one Doctor alone prescribed 5,000 pills in the Final six Month of Elvis's life. Elvis's voice had an incredible range and he used it to genius effect singing opera, country, blues, rock and roll and Gospel. Elvis had 19 number one hits, more than anyone else, in a career lasting twenty-three years.

Pierce O'C



Healthy eating healthy mind

HEALTHY DIET



Steps to healthier eating:

- Plan your Meals in advance
- Do not skip a meal
- Make a shopping list
- Buy healthy fresh food

What foods and why:

- Fruit and vegetables; source of vitamins and minerals.
- Drink water two litres a day, or eight glasses. Keep hydrated.
- Try beans such as, Kidney beans and chick peas.
- Oily fish ; tinned salmon and sardines.

Keep a record :

- Write down what you eat.
- Buy a note book
- Look back at what you're eating.
- Your diet is what you eat not what you don't eat.

Michael B

Answers to Quiz

13. Kings of Leon
14. Brian Adams
15. Supertramp
16. Tina Turner

9. Three
10. Pattie Boyd
11. Green
12. Michael Jackson



1. Sonny and Cher
2. Madonna
3. Love Me Do
4. U2

5. Gary Barlow
6. Johnny Cash
7. Jennifer Lopez
8. Rod Stewart

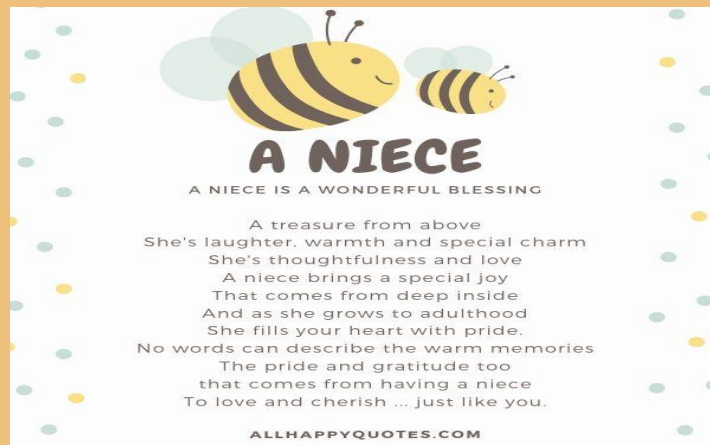
my niece Martha.

This Summer my sister Laura gave birth to a baby girl, Martha was born on the 26th of July 2022 at 10:44pm. It's such an exciting time for all of the family and everyone in the family is delighted that Martha has arrived safely into the world. I am over the moon to be an auntie and the joy that Martha brings to me is not something I have experienced before. I have never ever felt love like it.

I enjoy spending time with my niece when she comes over to my house and I am always available for cuddles, you can't compare a hug from a tiny baby full of love and hope for the future. I am excited to watch Martha grow up and become her own little person.

I love you to the moon and back and all the way to the stars Martha and I promise to mind, care and look out for you for the rest of your life.

Debbie G



Platinum Clubhouse would like to extend their congratulations to Áine Goodwin on her job placement of Regional Manager.

Welcome to the CLUB !

Word search

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

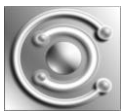
Adare, Arklow, Athy, Bantry, Boyle, Bray, Cashel, Clane, Clara, Cobh, Cong, Dingle, Ennis, Ferns, Gorey, Gort, Howth, Kells, Kilkee, Mallow, Moate, Naas, Nenagh, Navan, Rhode, Rush, Slane, Sligo, Sneem, Trim

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***

