



# Platinum Clubhouse

# NEW BRIDGE



## My day working at the Naas Town Foodbank.

My name is Jim B, I have been working at the Naas town foodbank for seven years since September 2017. My duties working at the Naas town foodbank include filling up boxes of food for single persons, couples and families. The green boxes are for the single persons, the blue boxes are for couples and families. I help fill up 120 boxes full of food each week.

At Christmas, I would help fill up 250 boxes every year. Catherine M and John M are my employers and as well my great friends. The benefits of working at the Naas Town foodbank helps in growing my self-confidence, making great friends and meeting nice people. I am also upskilling my work at the Naas Town foodbank, I help collect food deliveries from food cloud organizations like Lidl, Aldi, Tesco and Dunnes stores each week. I also help John Merrick deliver food to the people who live outside the Kildare County. The Naas town foodbank make deliveries of food to Wicklow County. When I first visited I had a great fear of the Naas Town foodbank, now, I enjoy my work with them every week.

Jim B,  
Newbridge Town.



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## February Birthdays

Vanessa C

Joe B

Paul K



## February 2024

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
			1 Community Meeting. 1:45 Employment Meeting 2pm Publications 2 pm Social 4pm – 6pm	2 Adult Learning Festival 10am-1pm Healthy Ireland- Walk at 11am
5 Job Search Policy Meeting 1:45pm	6 Newsletter House meeting 1.45 pm	7 Health and Safety Team Healthy Ireland- Walk at 11am Standards Meeting 1:45	8 Community Meeting. 1:45 Employment Meeting 2pm Publications 2 pm	9 Adult Learning Festival 10am-1pm Healthy Ireland- Walk at 11am
12 Job Search Policy Meeting 1:45pm	13 Newsletter House meeting 1.45 pm	14 Green Team Healthy food made easy9:30- 11:30 Healthy Ireland- Walk at 11am Standards Meeting 1:45 Social 4pm-6:30pm	15 Community Meeting. 1:45 Employment Meeting 2pm Publications 2 pm	16 Adult Learning Festival 10am-1pm Healthy Ireland- Walk at 11am
19 Job Search Policy Meeting 1:45pm	20 Newsletter House meeting 1.45 pm	21 Health Safety Team Healthy Ireland- Walk at 11am Healthy food made easy9:30- 11:30 Standards Meeting 1:45	22 Community Meeting. 1:45 Employment Meeting 2pm Publications 2 pm	23 Adult Learning Festival 10am-1pm Healthy Ireland- Walk at 11am
26 Job Search Policy Meeting 1:45pm	27 Newsletter House meeting 1.45 pm	28 Green Team Healthy food made easy 9:30-11:30 Healthy Ireland- Walk at 11am Standards Meeting 1:45	29 Community Meeting. 1:45 Employment Meeting 2pm Publications 2 pm Social 4pm-6pm	





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## **Pancakes**

Pancake Day, or Shrove Tuesday, is the traditional feast day before the start of Lent on Ash Wednesday. Lent – the 40 days leading up to Easter – was traditionally a time of fasting and on Shrove Tuesday always falls 47 days before Easter Sunday, so the date varies from year to year and falls between February 3 and March 9. Shrove Tuesday was the last opportunity to use up eggs and fats before embarking on the Lenten fast and pancakes are the perfect way of using up these ingredients.

A pancake is a thin, flat cake, made of batter and fried in a frying pan. A traditional English pancake is very thin and is served immediately. Golden syrup or lemon juice and caster sugar are the usual toppings for pancakes in the past but now people use some of the following toppings: banana, ice cream, strawberries, whipped cream, chocolate spread.



## **Education**

Platinum clubhouse is in the middle of registering its members with the County Kildare Leadership Partnership (CKLP). Platinum has 17 members already registered. Platinum Clubhouse has 12 members' starting 'Health food made easy' been held in Platinum for 10 weeks starting the 14<sup>th</sup> of February from 9:30am to 11:30am. Platinum has 2 more members interested in completing the level two HACCP Course and fourteen members have already completed the training. The Clubhouse would like to take the opportunity to say a big thank you to Mary from CKLP for getting Platinum the funding to run 'Health food made easy' inhouse.

Platinum members' have been working away in-house on Hseland training and most members have completed Children first, GDPR Training. Platinum is also running Suicide prevention training, and The World health Organisation's Recovery in Mental health course. Platinum has 5 members doing Computer courses and 2 more doing a customer service course with the KWETB. A big congratulation to Carmel M, who is half way through her Second semester of a level 7 in Peer support with Dublin City University (DCU). In 2024, Platinum is hoping to have an even more successful year than we did in 2023. Platinum Clubhouse will like to take this opportunity to wish all our members for a wonderful educational year in 2024 and keep up the good work.

## Valentine's Social

On February 14<sup>th</sup>, Valentine's Day, the Clubhouse had a social. Jim B, James P, Sinead H, Paul C, Joe G, Mary A, Breda S and Margaret W where all in attendance! We watched 'Mama Mia, Here We Go Again'! Everyone enjoyed singing to the ABBA soundtracks, laughing at the funny parts of the movie and eating all the snacks! Margaret put on a lovely spread of cheese crackers, sweets, chocolates, biscuits, tea, 7-Up, Coca-Cola, and we even had non-alcoholic champagne! Paul C gifted the Clubhouse some beautiful flowers which brought all the romantic feels to the Clubhouse! Paul C also shared a truly touching poem with us before the social began! Everyone had a great time, it was a very nice way to celebrate St. Valentine's Day! I enjoyed the whole day full of celebrations!

Jim B

# MAMMA MIA!

## — HERE WE GO AGAIN —



### **Poor Showing for Lillis in League**

After two rounds of football in division 2 of the National League, Kildare remain rooted to the end of the table pointless after heavy defeats to lowly Cavan and Fermanagh. Abysmal performances in both games bodes ill for the Lillys in the fourth coming championship. The injection Kildare should have got from the championship winning u20's has so far failed to materialise. Rivals such as JH and PW in the forward line should be benched having had more than one bite of the cherry. Kildare can now forget about promotion to division 1 and the task now to avoid relegation to the abyss of division 3. Meanwhile in division one Mayo was top of the table after wins over Galway and Dublin. As much as anybody would like to see Mayo win an all-Ireland which would be their first since 1950 they just lack quality forwards which ultimately could be their downfall.

### **St. Brigid's Day on 1<sup>st</sup> February**

Platinum Clubhouse celebrated the occasion with a very busy and enjoyable day. We started with homemade soda bread handmade in the kitchen, baked in the oven and served at dinnertime with butter and home produced blackcurrant jam.

Next, the writing class had a session with the history of St. Brigid, her life stories and poems. All the class took it in turns and read a poem out.

Then a group of members travelled out to Saint Brigid's Well, Kildare. We parked on the main road and walked down to the stream and we gathered round the statue for photographs. It was a lovely atmosphere with all the people sharing a peaceful moment in thought. A robin perched three feet away sheltered from the breeze, sang his heart out for 20 minutes and the cameras captured the moment.

Back to the cars we then headed into Kildare to the restaurant and enjoyed a slap-up meal, a nice end to a busy day.



## Ceramics & Pottery Class



I did a ceramics and pottery class in the Harvest Centre Kildare. There were three people attending from Platinum Clubhouse. We learned how to make coil bowls and ceramic bowls. For the last two weeks at the class we made Christmas toys to hang on the tree. It was good fun and we learned new skills.

Sinead H

## Bottle Re-Turn Comes to Newbridge!

Our Green Team went on a visit to local supermarkets to investigate the new 'Bottle Re-Turn' machines. When you buy a drink in a plastic, aluminium or steel can that features the Re-Turn logo, you can return it to the participating machines for your deposit back! It is important that the bottle or can is not damaged and is empty!





## Word Search

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

*Amy, Barry, Brian, Breda, Brigid, Bridget, Carmel, Cathal, Cormac, David, Declan, Derek, Eileen, Ellen, Helen, Jane, Jerry, Jessica, John, Joyce, June, Kate, Liam, Sally, Sara, Sarah, Teresa, Tom, Tommy, Vera*

*They who plant in  
the spring, harvest  
in the autumn.*

*A single deed,  
bests one hundred  
words*

*A light heart lives  
long*

## ***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.



*Platinum Clubhouse  
Unit B1, Century Park  
Newbridge Industrial Estate  
Newbridge  
Co Kildare  
Ireland*

*Tel: +353(0)45433229*

*Fax: +353(0)45433206*

*Mobile: +353 (0)86 0120920*

*Email: [platinumclubhouse@eve.ie](mailto:platinumclubhouse@eve.ie)*

*Blog: <https://platinumclubhouse.wordpress.com>*

*Web: [www.kildare.ie/platinum](http://www.kildare.ie/platinum)*

*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***

