

STRONG RESULTS FOR IRON MAN



Well done to local Derry man, James Goligher, who took on the Ironman challenge which consisted of a 2.4mile swim, 112 mile bicycle ride and a 26.2 mile marathon to help raise funds for AMH. In total James raised a staggering £3,000 - Thank you James!

AMH WORKS FINAL CONFERENCE



Thank you to everyone who attended AMH Works 4th and final conference examining Mental Health in the Workplace on Monday 20th July 2015 in Derry/Londonderry. The event which focused on Individual Wellbeing was led by Chartered Psychologist, Wendy Shooter, who talked participants through the best ways to support their own mental health using her innovative 'My Powerbar' mobile app.

WELL DONE TO OUR CLIENTS!



Last year 286 clients attended AMH New Horizons North Down & Ards gaining 779 single awards and 223 full awards with 43 progressing to employment, further education, voluntary work and government programmes. Olivia Nash, best known as 'Ma' from TV series 'Give My Head Peace' was the special guest at our Celebration of Achievement Event on 26th August and was joined by Vice-Chair of the AMH Board, Robert Mowbray. A massive congratulations all our clients on achieving accreditation and progressing into voluntary work, employment and further education!

WELCOME OLAF!



Clients and staff of the AMH MensSana and Protect Life Resource Service (Southern Area) Centre had an unusual visitor to their information stand at our health event in Taghnaven Community this August, with Disney's Olaf coming to learn more about the importance of looking after your mental health and how to cope in times of need.



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VIRGIN ATLANTIC DOCTOR JETS INTO AMH WORKS CONFERENCE AT CRUMLIN ROAD GAOL



AMH Works were delighted to have Virgin Atlantic Airways Head of Health Services at their business conference in April focusing on mental health in the workplace.

Dr Tim Stevenson, grew up in Killyleagh and has worked as Head of Health Services for Virgin for the last 3 years. He strongly believes that a healthy company is stronger and more efficient, as well as a happier company.

"It's almost a cliché in business that the most important asset a company has is its people, so it makes sound business sense to look after those prized assets. It is not only the right ethical thing for a company to promote the mental wellbeing of the individual and therefore the workforce, but it has also been proven time and again to repay the investment many times over."

ART EXHIBITION MOVES TO THE HEART OF BELFAST

Artist Pat Ross in association with AMH showcased his art exhibition at Belfast City Hall with the launch coinciding with the first day of the new Belfast "Super Council".



The exhibition, made up of individual prints, is entitled "Read Between the Lines" and gives people an insight into his experience of living with Schizophrenia.

Pat hopes his work could go some way towards giving hope to others, be they relatives, carers or individuals, new to the sometimes frightening and confusing world of Schizophrenia;

"When I was ill words completely failed me. I couldn't capture how I was feeling and could only communicate it through my art which helped relieve my feelings during my illness."

"It is freeing to get them down on paper. Even in the depths of my illness I would get a good buzz after drawing."



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This project is part funded through the Northern Ireland European Social Fund Programme 2014-2020 and the Department for Employment and Learning.

WHAT A SHOT!



We had an amazing day in the beautiful surroundings of Field of Dreams in Bangor for the first ever AMH Give It A Shot Clay Pigeon competition, in partnership with our charity partner, the Wilson Group. Particular thanks to Des Wilson and Neil McIvor for their support and to all our volunteers, competitors and sponsors who helped to make the day a success. Local celeb Pamela Ballentine also dropped by and was not only a great shot, but also the best of fun helping out with the BBQ!

CLIENT REGIONAL FORUM MEET FOR THE FIRST TIME



Taking place on Wednesday 20th May, the Chief Executive, David Babington opened the first meeting of the Client Regional Forum by expressing his delight in its formation and having successfully reached this milestone. This new mechanism for consultation will enable client's to have a say on future planning of services as their lived experiences and opinions will be reflected in all aspects of service delivery, policy development, and future direction.

LLOYDS BANKING GROUP HELPS TO MAKE A DIFFERENCE



A big thank you to all those from Lloyds Banking Group who were involved in the volunteer day for our Garden Project in Antrim. The day included tasks such as moving and spreading 24 tons of soil for our new lawn area, painting a 60 foot fence both sides, weeding our raised beds and potato plots, washing dozens of donated garden planters to be reused and sold with summer plants, removing litter, and brushing pathways.

TOGETHER FOR YOU REACHES OVER 24,000 PEOPLE

Since its launch in October 2013, Together For You, a partnership project, lead by AMH and funded by the Big Lottery, has reached over 24,000 individuals in Northern Ireland with their mental health services. To celebrate this amazing achievement, a Shared Learning Event was held on 17th June in the Park Avenue Hotel, Belfast, where over 120 representatives from the public, private and voluntary sectors attended including the Minister for Health, Social Services and Public Safety, Simon Hamilton MLA.



IMPACT OF ALCOHOL

Earlier in June, an Impact of Alcohol Shared Learning Event took place in the Northern Health and Social Care Trust area, which was attended by 130 delegates from voluntary, community and statutory agencies. Commenting on the programme, Tony Stevens, Chief Executive of the Northern Trust said: "This event was subtitled "Partnership in Practice" to reflect the fact that working together can be challenging, however where it results in the delivery of better services and improved for our populations, then we need to continue to develop our understanding and take on board the learning of how to do it better."

CONGRATULATIONS ANTHONY FRAZER



Anthony Frazer, AMH New Horizons Client, has completed the NEBOSH General Certificate with distinction by receiving the highest score that anyone has achieved in Training Solutions NI within the last 10 years. Well done Anthony!

HAPPY 60TH FIONNUALA MCGRADY



Local Downpatrick lady, Fionnuala McGrady recently celebrated her 60th Birthday with friends and family. Fionnuala, very kindly donated an amazing £2,081.67 in lieu of presents from her guests! Thanks so much Fionnuala!