

FANE VALLEY ANNOUNCE ACTION MENTAL HEALTH AS GROUP CHARITY OF THE YEAR

Fane Valley Group has named Action Mental Health as their new designated charity partner. With over 2,000 employees across the group and operating multiple sites province-wide, Fane Valley is recognised as a market leader within the agri sector.

Trevor Lockhart, Fane Valley Chief Executive said, "We are delighted to be able to assist with the delivery of the AMH MensSana programme 'Provoking Thought'. Mental illness comes in all shapes and sizes and we feel that we can practically assist in preventative signposting and educational advice to both staff and their families and our farmer audience at school, work and on the farm."



Trevor Lockhart, Chief Executive, Fane Valley & David Babington, Chief Executive, Action Mental Health

NEW AMH PROMOTE SERVICE LAUNCHED IN BANGOR



AMH Promote was relaunched in February following a change in focus. The service, funded by the South Eastern Trust, provides day opportunities for adults with a learning disability to be socially active and develop new skills in a supportive and engaging environment.

During the event AMH Promote also celebrated the achievements of 40 clients who were presented with a range of ASDAN and OCN NI certificates, covering skills such as independent living, computing, baking, sports studies and crafts.

WARRIOR WOMEN OF FERMANAGH



Pictured at the launch of the Warrior Women exhibition are Marie Corcoran-Tindall, personal development trainer; sculpture artist Gloria Perry, Urney Creations; Mary Murphy and Caroline Ferguson, Action Mental Health and Helena Corcoran, who also delivered training to the Warrior Women.

The Warrior Women exhibition is a powerful collection of hand-crafted sculptures created by a group of women to illustrate their journey from mental ill-health to recovery. At the core of the Warrior Women programme, which is supported by the Public Health Agency through the CLEAR Project, is the belief that there is value in the challenges which these women have faced as a catalyst for personal growth.

APPLAUDING ACHIEVEMENT IN ANTRIM AND FERMANAGH



AMH New Horizons Antrim and Fermanagh have both celebrated the successes of their clients recently.

In Antrim, almost 100 clients received nearly 300 certificates presented in a range of areas such as IT, healthy eating, personal development, photography and art. Over 300 accreditations were awarded to clients in Enniskillen to recognise achievement in personal development, ECDL, floristry, basic food hygiene, horticulture and woodwork. **Congratulations to all on your achievements!**

ARTISTIC TALENT ON DISPLAY



Louise with her dad at the exhibition.

AMH New Horizons client Louise O'Donnell showcased her talent recently with two paintings on display at the Leaves Across a Landscape art exhibition in Clotworthy House, Antrim Castle Gardens. This was a creative collaboration between Antrim and Newtownabbey Borough Council and the Northern Health and Social Care Trust. **Very well done to Louise on this fantastic achievement!**

A BOX OF DARKNESS: THE ART OF BEING BIPOLAR

Helen Roberts, a former client at AMH New Horizons North Down and Ards has had her first solo exhibition at Seacourt Print Workshop in Bangor. Helen previously completed two courses at Seacourt Print Workshop in general print making and screen printing and found that art was very beneficial to her well-being.



THE COLOURS OF HOME EXHIBITION SHOWCASES LOCAL AREA



Art works produced by AMH New Horizons North Down and Ards clients were exhibited in the North Down Museum in February. The work was inspired by printmaking sessions with local artist Eimear McCann's Colour and Print programme and featured prints and photographs showcasing local landscapes.

CONGRATULATIONS TO AMH CHIEF EXECUTIVE DAVID BABINGTON



David was presented with the **Leading Forward on Health & Social Care Reform award at CO3's Leadership Awards.** Sponsored by the Department of Health, this award is in recognition of David's tireless work to ensure mental health remains a key priority in Health and Social Care reform. It acknowledges the personal and professional commitment and leadership he has provided both for AMH and for the Mental Health sector in NI and for the achievements he has made in driving forward change.

FAREWELL TO JOHN WALLACE



AMH New Horizons Foyle and everyone at Action Mental Health bid a fond farewell to **John Wallace** who recently retired. John is pictured receiving his 25 year service award from David Babington. We wish you a healthy and happy retirement John!

AMH MENSSANA HIGHLIGHTS



Active referees from the **Ulster Society of Rugby Football Referees** and **David 'Wilko' Wilkinson**, Irish Rugby Football Union Referee Development Manager, attended a **Mindset workshop at Kingspan Stadium**, facilitated by **Beth Gibb** of Action Mental Health. Feedback was very positive and hopefully will be the start of further bespoke referee workshops within Ulster Rugby. AMH are already providing education sessions to local clubs.



Former Northern Irish footballer, **David Healy MBE**, dropped by the **MensSana** information stand at the recent **Train to be Smart** mental health awareness event at **Craigavon Civic Centre**.



Antrim branch of NICMA (NI Child Minding Association) attending a **Mindset workshop**.



Beth Gibb, AMH, supported students **Sara, Cathy and Amy** at a **Health Fair at the University of Ulster at Jordanston**. Students were tasked with sourcing 'clients' to support their chosen health topic.

MENTAL HEALTH AWARENESS WEEK



In support of Mental Health Awareness Week, Allen & Overy held a mental health & wellbeing event – Head to Head. Gary Kane from AMH Works was a member of the panel exploring the challenges facing employers and employees when it comes to mental health. Over the last number of years AMH Works has worked very closely with Allen & Overy providing training programmes such as Mindful Manager, Personal Resilience, Mindfulness and Mental Health First Aid to management and staff.

EMBRACING THE SPIRIT OF EVOLVE



EVOLVE's 2016 programme for young people, delivered in partnership with Youth Action, concluded with a celebration event in AMH New Horizons Antrim. The young people were presented with a photo collage of the activities that they took part in over the last 15 months, a memento of their time on the programme.

DANSKE BANK SHOWS ITS SUPPORT FOR AMH

Employees from our charity partner, Danske Bank have been busy over the last few months fundraising for AMH.



In March a dragon boat race was held at Bryson LaganSports, which proved to be a very enjoyable morning for all involved. 120 participants competed, in eight teams of 15, with the Corporate Banking team being named the winner. Over £5,000 was raised at the event.

In April, Danske Bank announced that it will donate £10 to AMH for every clean sheet in the Danske Bank Premiership and Women's Premiership throughout 2017. The announcement should see teams in both the Danske Bank Premiership and Women's Premiership determined to record as many clean sheets as possible in 2017.



Danske Bank also organised Easter fundraisers across all its branches and raffled off Easter hampers raising £2,000. Many thanks to all those who contributed to the hampers – Fane Valley, Lidl, White Oats, Coca-Cola and the Chalet Costcutter in Portadown.

The 5th Annual Danske Bank Blackboard Awards recognising the best classroom assistants, principals and teachers raised £483 through a raffle and a 'wear purple' day raised £1,200.



Staff have also been busy volunteering at some of our services, with more volunteering sessions scheduled for the future. Head office staff spent a morning gardening in Antrim and personal bankers from Portadown helped to paint and decorate the Newry AMH New Horizons service.



The Danske Bank Ulster Schools All Stars Banquet took place on Friday 31 March in the Europa Hotel, Belfast. The event was attended by over 400 people, mainly young people with their parents and teachers, and provided a good opportunity to raise awareness of AMH and our services, in particular, MensSana. Colin Loughran, Service Manager, spoke at the event and £1,400 raised through a raffle on the night will go towards the MensSana/Healthy Me programmes.



Thank you to everyone at Danske Bank for their concerted efforts since the start of the year!

FUNDRAISING ROUND UP

A big THANK YOU to everyone who has fundraised for Action Mental Health in the last few months. The money you have raised will go towards making a difference to people across Northern Ireland who are affected by mental ill-health and promote resilience to future generations.



A huge thank you to everyone who helped

raise an amazing £705.62 during a bag pack in Tesco Castlebawn, Newtownards.



Grace Beggan raised a brilliant £588 doing a sky dive tandem jump. Well done to Grace!

Neil Rennie, First Personal Training, Larne presented a cheque for £500 to AMH.



Ultimate Dance Kraze gathered an impressive £1,028 through their dance competition.



Jennifer Browne popped into our New Horizons Fermanagh service to present staff with a cheque for an amazing £700 achieved by organising a running event.



The NI Housing Executive in the Causeway area gave a generous donation of £668 following a table quiz and big breakfast.



AMH New Horizons Antrim has received a £500 boost thanks to the **Asda Foundation's 'Chosen by You – Given by Us'** scheme.



Lisburn & District Soroptimists NI donated £500 through various fundraising activities.



The Histopath Department at the Royal Victoria Hospital raised £270.07 from their Christmas jumper day.

UP AND COMING EVENTS



Action Mental Health is delighted to be charity partner for an **American Football event on Saturday 27 May**. The Belfast Trojans will compete against the Centre Colonels from Kentucky, USA at the Belfast Harlequins Club. It's set to be a great event, with fun family activities planned too. Find out more at www.facebook.com/thebelfasttrojans



Feeling brave and fancy a challenge? Make a difference for AMH by joining our abseil on **Sunday 11 June** at the Europa Hotel in Belfast. Places are limited so sign up now at www.abseil.eventbrite.co.uk before 7 June.



Dubai Duty Free Irish Open

Use promo code **AFFLMActionMentalHealth** to receive **£5 off** the price of your ticket (day/season tickets only), which goes to AMH.