

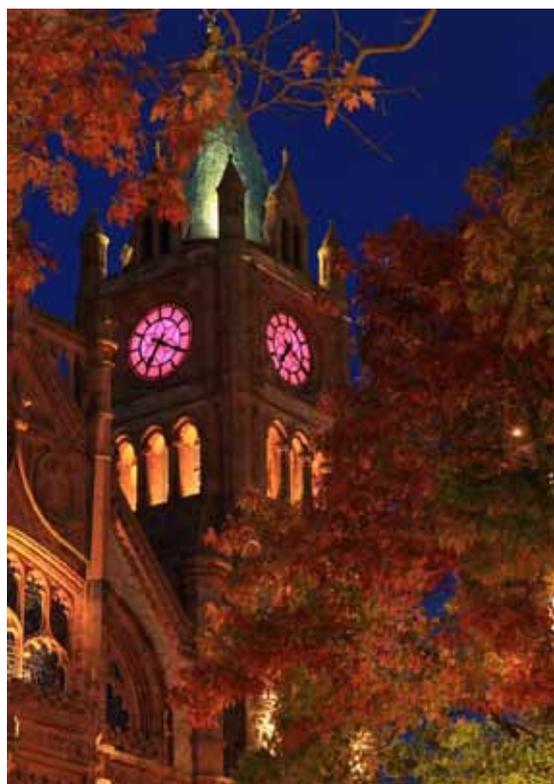
# NI TURNS PURPLE FOR WORLD MENTAL HEALTH DAY



*QUB Student Union*

**Queen's University Student Union and councils across Northern Ireland shone a light on mental health this October, by illuminating a number of iconic buildings in purple to show support for the thousands of people affected by mental illness across the region.**

Taking place on World Mental Health Day on Monday 10th October, residents across Northern Ireland caught a glimpse of the colourful displays on a variety of buildings, all thanks to the AMH Client Local Advisory Groups who contacted each of the councils to organise.



*Guildhall, L/Derry*



*Island Arts Centre, Lisburn*



*Newry Town Hall*

OCTOBER 2016

# TRANSLINK ANNOUNCE AMH AS NEW CHARITY PARTNER

Translink has announced Action Mental Health (AMH) as its new Charity Partner for the next three years. Announcing the new partnership, Translink's Group Chief Executive Chris Conway said: "Translink has a long history of supporting local charities up and down the country. We are delighted to now partner with Action Mental Health as our Corporate Charity who were nominated and selected by our employees. Mental health is so important at every stage in life from childhood right through to adulthood and we look forward to developing this partnership. We already have an exciting calendar of events being planned with fundraising going towards the AMH – 'Healthy Me' Programme aimed at local primary school children to positively promote mental health, social and emotional wellbeing."



## NI CYCLISTS RAISE THOUSANDS FOR AMH



On 2nd October hundreds of cyclists across Northern Ireland participated in this year's 'Granite Challenge' to help raise funds for Action Mental Health's (AMH), Men's Shed Project. Starting at the charity's New Horizons service in Downpatrick, the "peloton" cycled 55 miles through the Mourne Mountains to Spelga Dam and back to help raise an incredible total of £7,241.22!

# PORTADOWN TURNS PURPLE



Many thanks to Armagh City, Banbridge & Craigavon Borough Council Lord Mayor, Councillor Garath Keating, who supported AMH turning Portadown Purple for World Mental Health Day.

## LIGHTS, CAMERA, ACTION MENTAL HEALTH!



Clients from AMH New Horizons, North Down & Ards have been very busy in recent months, developing, scripting, filming and acting in their own short film which portrays some of the difficulties of living with mental health issues. Entitled "One Thing", the film illustrates the restrictions a mental illness can place on an individual's life, whilst also shedding light on the positive influences that help each client to push forward and focus on their recovery. The film and artworks were showcased alongside the film in Belfast City Hall on Tuesday 11th October, with special guests Deputy Lord Mayor Mary Ellen Campbell and Father Brian D'Arcy in attendance. Thanks to the choir from Belfast New Horizons who provided the entertainment!

OCTOBER 2016

# THANK YOU EIR NI



**AMH New Horizons Derriaghy welcomed volunteers from Eir Business NI as part of our World Mental Health Day celebrations.** The volunteers joined clients at our allotment plot in Colin Glen Allotments, Community Garden & Healthy Living Centre. Everyone worked very hard all morning clearing the beds and getting it ready for planting next spring. We collected onions, carrots, cauliflower, rhubarb, potatoes and beetroot, leaving only our brussel sprouts which will be ready to harvest in time for Christmas. Thanks once again to Eir NI for volunteering their time to help us!

## WINNING BID

**Thank you and well done to talented artist, Ross Thompson, who auctioned three of his artworks to help raise funds for AMH New Horizons.** Entitled "Calibre 22", the event took place from 6th – 14th October in Clotworthy House, when three multi-medium artworks depicting some of Northern Ireland's most famous faces, such as Seamus Heaney and Queen Daenerys Targaryen from Game of Thrones, were auctioned.



# SACRED HEART CELEBRATE WORLD MENTAL HEALTH DAY

Sacred Heart Grammar School Newry recently joined the AMH MensSana team to celebrate World Mental Health Day! Great work ladies!



# DOUBLE MEDAL JOY FOR ADRIENNE



Adrienne Murphy, former service user of AMH New Horizons Newry & Mourne, achieved Silver and Bronze Medals at the Northern Ireland Tae Kwon- Do Championships in Banbridge on Saturday 8th October 2016. Since leaving AMH New Horizons, Adrienne has gained permanent employment with McKeown's Solicitors Newry. Well done Adrienne!

# MENTAL HEALTH CAMPAIGN SCOOPS INDUSTRY AWARDS



For the second year running, Action Mental Health has triumphed at this year's CIPR Pride awards by winning Gold in the coveted Healthcare and Public Affairs categories for its ambitious Regress, React, Resolve campaign. Competing against some of Northern Ireland's leading communications agencies, judges praised the widespread media attention AMH received for Regress, React, Resolve, which skilfully challenged Government to tackle underinvestment and fragmentation of mental health services in Northern Ireland.

## COFFEE & CONNECT

Lady Sylvia Hermon, MP for North Down, and Mayor of Ards and North Down Borough Council, Alderman Deborah Girvan, joined local organisations to celebrate World Mental Health Day with a 'Connect Over Coffee' at the Flagship Centre Bangor on Saturday 8th October. There were various activities to promote positive health and wellbeing including Seacourt Print Workshop's creating your own print, AMH New Horizons' silk painting and Ards and North Down Council's Art Department's textiles and the creation of 'Suffolk Puffs' encapsulating positive words of hope and encouragement.



## MENTAL HEALTH CHAMPIONS

Gary Kane, AMH Works, presented the Heads Up Award to the AMH Works new Mental Health Champion Organisations, Allen & Overy, Lagan Construction Services, First Trust Bank and Smiley Monroe. These organisations have been selected as companies at the forefront of mental health and wellbeing for staff having undertaken the AMH Works Mindful Manager and Personal Resilience Programmes.

## SETTING THE GOLD STANDARD

Multi-Paralympic Gold Medalist and world record holder, Dr Michael McKillop joined in on our World Mental Health Day celebrations by offering his TOP TIPS for keeping mentally fit!

1. Make sure to wake up everyday with a positive thought.
2. Keep active and exercise, which releases happy endorphins into the body.
3. Have a go to person that you trust and feel that you can talk to.



# SWEET CAROLINE



This September, clients from our AMH New Horizons service in Newtownards visited HMS Caroline. HMS Caroline is the last remaining British WW1 light cruiser still afloat and the sole survivor of the Battle of Jutland (the only major naval action of WW1). Everyone had a great time!

# AMH NEW HORIZONS ANTRIM TURNS 25!



AMH New Horizons in Antrim has been celebrating!! Not only were they celebrating all the amazing achievements of each of their clients in the Annual Certificate Presentation, but they were also celebrating the silver anniversary of the opening of the service in Antrim. John Davis, Service Manager said, "it is wonderful to see so many Northern Trust health professionals, family and friends in attendance to celebrate the achievements of New Horizons Antrim clients and mark the 25th anniversary of the official opening of the Antrim service".

# DRIVING SUCCESS



Paul Braham presenting a cheque for £850 on the 13th September to Peter Clarke, Chairman of Newry & Mourne Horizons Employers Forum, and Roslyn Young, Employment Officer of AMH New Horizons Newry & Mourne. Peter, Roslyn, Shenna Young, Martin Mc Creesh and Maynard Gilmore volunteered their time as car park supervisors at the Kilbroney Vintage Car Rally in Rostrevor on the 18th June and raised £850 for Action Mental Health.

# TEAM AMH HIT THE GROUND RUNNING



Team AMH, John, Joanna and Eoin, pictured at the finish of the Belfast City Half Marathon. PB's galore and first timer Joanna broke the 2 hour mark!

# COKE IS IT!



AMH New Horizons Antrim's EVOLVE programme for young people visited Coca-Cola as part of their OCN Level 2 Employability Award. Special thank you to Gillian Shields, Community Investment Manager from Coca-Cola HBC Northern Ireland, who was our tour guide for the day. Needless to say everyone enjoyed the experience... as well as the samples of Coke!

# PUTTING THE WHEELS IN MOTION



Clients of the New Horizons Foyle service can now get on their bikes by taking part in our exciting new AMH Life Cycle project! Funded by Big Lottery Fund NI, AMH Life Cycle seeks to encourage Foyle service users to integrate physical activity into their daily routine and benefit from all the positive mental, physical and social benefits by taking part in a series of four 10 week cycling programmes.

# WELL DONE NEWRY & BELFAST CLIENTS



Clients and staff of New Horizons Newry enjoyed a very successful Certificate Presentation Day on Friday 24th June in Bellini's, Newry. Guest speaker on the day was Mr. Bryce McMurray, Acting Director of Mental Health & Disability Services, who also presented our clients with their well-deserved certificates. Well done to all involved!

Action Mental Health (AMH) New Horizons Belfast also hosted a certificate presentation day to celebrate the individual achievements of its clients. Presenting clients with a range of OCNNI, BCS and City and Guilds certificates, Service Manager Joanne Stroud said: "It's an honour to celebrate with clients who through their own hard work, determination and drive, have gained transferable skills that will open up opportunities in terms of their personal and professional development. This provides reassurance to others who are perhaps experiencing hard times that with the right support and encouragement, anything is achievable."

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