



For further information and guidance please contact:



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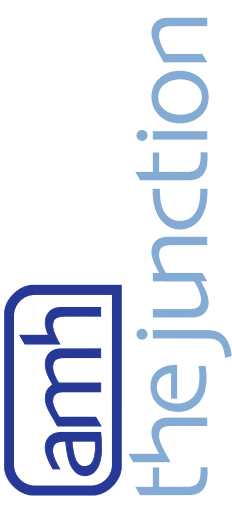
Junction group activities:

Mondays – Thursdays PM

Outreach available:

**Tuesday – Friday AM,
Friday PM**

Accepted as a charity by the Inland Revenue under reference XN47959. Registered in NI Company No. NI5568. AMH Action Mental Health, Mourne House, 19 Knockbracken Healthcare Park, Sainfield Road, Belfast BT8 8BH Tel. 02890403726



Supporting the social and vocational needs of
young people living with mental ill health



From its inception in 1963, AMH Action Mental Health has grown to be one of the largest regional voluntary sector organisations in Northern Ireland. It has an established track record of success in providing high quality services for people with mental health difficulties and learning disabilities.

AMH's reputation is recognised through the achievement of the National Training Awards, a UK Charity Award and recognition as an Investor in People.

AMH's Programmes and services help more than 1700 people each year in fourteen locations throughout Northern Ireland.





The Junction programme facilitates the social and vocational needs of young people with mental illness, aged between 18 and 30 years of age, who reside in the Lisburn City Council area. The Junction has a social focus, comprising of organised activities in the community, individual outreach programmes (where appropriate), action planning and courses delivered at AMH Accept in Derriaghly.

The Junction promotes a user ownership approach where users are encouraged to treat the programme as their own and become involved in the planning, running and future focus of the project.

AMH Accept in Derriaghly has a social room for use by Junction clients, where users can relax and watch T.V, DVDs, play the Playstation or Wii. Service users can also make use of the computer suite in AMH Accept, where Broadband internet and various software programmes are available.

Activities

The Junction offers a number of organised activities, such as cinema, bowling, crafts, day trips, gym groups and pool, which rotate on a weekly basis. We make use of available community facilities and public transportation. For

Review

particular courses, rooms are available at AMH Accept. The Junction also offers a wide range of workshops that run throughout the year. Workshops to date have included a DJ course, animation, beginners and intermediate guitar lessons, confidence building, multiple realities, drama and assertiveness training. Various sporting activities have included tennis lessons, gym, outdoor pursuits and swimming. These workshops aim to provide an opportunity for users to explore creative new skills.

Junction clients have a quarterly review facilitated by the Development Officer. This review allows for the clients' progress to be discussed and future goals to be set. The outcomes of reviews help in the planning of Junction activities and courses, to best suit the needs of clients. It also aids clients to think about their needs outside The Junction. The Junction aims to support clients to become more independent in their community by helping them to access available facilities.



Client meetings

Client meetings are held with staff on a regular basis to discuss the provision of service, activities, opening times etc, and to address changes that meet the needs of the users.

Outreach

The Junction provides individual outreach sessions to clients who feel they need some extra support. This service aims to build the confidence of clients, supporting them to eventually engage in group activities with the Junction and become more involved with the wider local

community. Outreach is delivered in a goal orientated and person centred approach. It aims to increase independence and well being.

Outreach provision to date has included home visits, transport training, supported socialisation, trips to the local pool and gym, and support upon new endeavours such as accessing the Internet at the library. Junction staff will attempt to facilitate whatever is necessary to meet the individual goals of the client, whether educational, vocational, personal or social.

Employment Programme

The Employment Officer delivers Pre employment training and can organise work experience and voluntary placements, as well as assistance to obtain paid work. Junction clients can be referred to The Employment Officer at their request. Pre-employment is an accredited course available to Junction users at no charge.

Referral

A referral form must be completed by your key worker from the Community Mental Health Team. New Clients, accompanied by their key worker, will be asked to attend an initial referral meeting so that an individual action plan can be developed and agreed.

