



Sample of AMH ACCEPT Courses:

Vocational & employment preparation
and support for adults recovering
from mental illness

Non Accredited Courses

Colour Me Beautiful
Art & Crafts

Accredited Courses

ECDL
Equalskills
First Aid

OCN Accredited Courses
OCN Employment Preparation
Brush Up Your English and Maths
Personnel Development
Yoga for Life

Courses Times
10.30am – 12.30pm
1.30pm – 3.30pm



Dunellen House
44-46 City Business Park
Dunmurry
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The AMH Accept Programme facilitates vocational training, employment preparation and support for adults ages 18-65 years, recovering from mental illness in the Lisburn area.

Referral

Referral can be made to AMH Accept by a mental health professional in the Lisburn community team. Once a referral form has been completed an appointment will be made to visit the service and to discuss personal goals within the service.

Personal Development Courses:

Understanding Stress and Stress Management Techniques
Personal Confidence and Self Awareness
Improving Assertiveness and Decision Making Skills
Managing Difficult Emotions (Anger Management)

Computer Courses: All the computer courses running in AMH are accredited. The courses run for 2 hours a week and practice sessions may also be attended to allow students to practice the skills they are learning.

- **Equal Skills:** This course is designed for people who have little or no computer experience. The course runs for 12 weeks. This course introduces the learner to basic computer skills.
- **ECDL:** This course is designed for those who have attained basic computer skills. The course covers seven modules, Word Processing, File Management, Spreadsheets, Database, PowerPoint, Internet & E-mail and concepts of IT. ECDL is completed module by module allowing students to gain qualification at a pace that is comfortable to them. Students are encouraged to study in between classes and can apply for extra exam time if required.

- **Digital Photography:** This 10 week course is OCN accredited and aims to teach the learner how to use a digital camera, save photographs to the computer, modify photographs if required and print or save images to disk.

Health and Beauty : This 6 week course allows participants to learn about skin care, manicures, pedicures, make-up and also the colours that suit them. The course is designed to raise confidence in a comfortable and friendly environment.

First Aid: This 8 week course aims to teach the learner how to deal with a First Aid emergency. During the course, participants will be taught by First Aid instructors who have special training in first aid training. A BRC certificate is provided for all completers.

Art & Crafts: Accredited and Seasonal Arts and Crafts classes are run in Accept, in the past we have made cards, jewellery, painted silk and glass and made scrap books.

Other courses may include: Yoga, Men's Health, Flower Arranging, Guitar Lessons, Dog Grooming, Adult Numeracy and Literacy.

The Employment Service: We currently have a full time employment officer in Accept who can support clients who wish to return to, or access employment. The employment officer works with clients individually focusing on their interests and abilities. This could include voluntary placements, training placements, Government supported return to work programmes or support to access paid work. The employment officer also supports clients who wish to learn return to work skills such as interview skills and CV development as part of the accredited Pre- employment course.