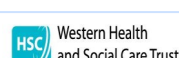


AMH New Horizons Foyle

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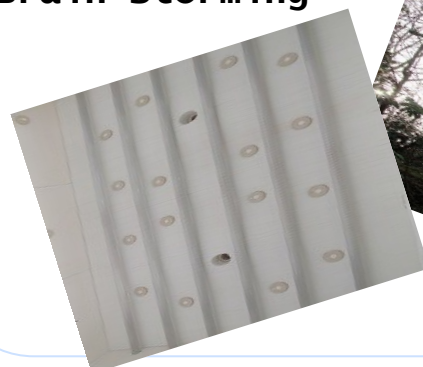
AMH Foyle aims to assist people who have experience of Mental Ill Health to lead independent and productive lives.

Coming Up for Spring 2017

Lots of new exiting activities planned for the coming months.

Keep an eye out on the notice boards, all up to date information will be posted!

Brain Storming



What is this?



Where in the Building is this?

Staff Training

The service will be closed on Friday 24th February for staff training.



Coming Up

Other News

"Unite For Rights" Brexit/ Disability Rights Booklet Launch

George represented the CLAG group by attending the "Unite for Rights" booklet launch on Wednesday 25th January 2017. He said that Martina Anderson MEP chaired the launch, he said that Ms Anderson said that as a member of the disability intergroup in the European parliament she knows the importance of the EU in terms of disability rights.

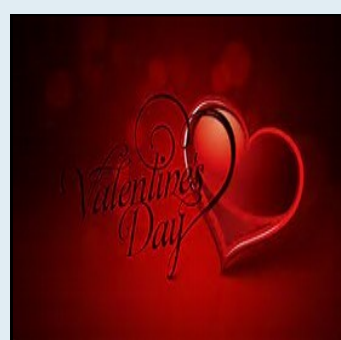
She said she has engaged widely with the disability sector and she is aware that there is deep concern about the Government's plan to take us out of the EU. In particular there is a great deal of alarm of Theresa May's plans to scrap the Human Rights Act.

She said that Disability rights campaigners know the value of our EU membership and they want to continue with that membership by securing designated special status for the North within the EU. She said they are standing up for people's rights.

George reported that there was a great turnout from various disability groups who were allocated time for questions and answers from the floor and acknowledged their appreciation of being fully recognised and respected.

Beat the Winter Blues with Translink and Action Mental Health

On, Monday, 16th January, also known as 'Blue Monday' Translink and charity partner Action Mental Health encouraged passengers to enjoy a good book whilst travelling by public transport. The second hand book sale was supported by donations from Little Acorns Bookstore and Guildhall Press and raised funds towards the valuable work of the charity.



Valentines Day Tuesday 14th February

Everyone welcome for lunch.
Details to follow.

ISSUE 11

FEBRUARY 17

AMH New Horizons Foyle Newsletter

Welcome to our Newsletter at AMH New Horizons Foyle, if you have any suggestions or contributions please feel free to pass them on to your skills coach.

Media/Personal Development

Media Dept. - Photography course

The clients from the current Photography Course are finishing up their qualification, with one more trip out planned to put their new photography skills into practice! The new Photography course will be starting on Friday 17 February 2017 in the Conference Room. Speak to your Key Worker if you're interested.

Personal Development - Urban Resources & Enrichment course

(Starting Thursday 23rd February 2017 in the Training Room with Leeanne)

What the course involves:

We'll look at the personal enrichment and hobby choices, opportunities and resources available to you in your local area and how to access them, for example, in local community centres, libraries, leisure centres,

clubs and various other organisations. These opportunities may include: arts & crafts, fitness, women's health, men's health, cooking, volunteering, gardening, languages & culture, dance, personal wellness, home design/repair, music, parenting, photography, sign language and writing.

There are loads of local opportunities out there to express your

creativity, achieve and master new things and feel good about doing something! They'll help you to produce feelings of well-being, fulfilment, enjoyment, relaxation and satisfaction.

The course will involve trips out to visit potential enrichment opportunities and taking part in an activity of your choice.

Skills Coach Leeanne Devine



Rory pictured with two of his final prints from the Photography Course.

Catering

We recently celebrated Chinese New Year here at Foyle New Horizons, the Catering Department prepared various, we had a great day and everyone enjoyed the 'Gunpowder Beef'. Everyone enjoyed getting involved in the preparation as it was a bit different to our normal menus. Members of the Chinese community joined us for the meal and had a tour around the service, they thoroughly enjoyed their visit, hopefully we can build on inviting other communities into the service. Our next theme day is Valentines Day, we are preparing an Italian theme or if anyone has any ideas feel free to pop in to the kitchen.

Some of the Catering clients have now started their Food Hygiene training with an aim to complete the course in 10

weeks, we would like to wish them the best of luck on their journey.

The Cycling is due to start again, please keep a look out for further information if you are interested. The idea is to use the skills from other groups with an aim to have one bigger group and head further afield. Clients who have already completed the course have said, "you get to explore places on your front door step". This is a 10 week course, with each week building up your strength and confidence to attempt longer journeys, come along and try out the taster sessions, we have great bikes and helmets for everyone to use.

Skills Coach Damian Bonner



Some of the delights served at Chinese New Year



The Cycle Group on a recent trip to Inch Island

Special points of interest:

- Photography Group
- New Courses
- Personal Story
- Personal Development Course
- Book Sale
- Disability Rights Booklet Launch
- Client Stories
- Brain Storming
- Valentines Day- Coming Up

Inside this issue:

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- Media/Personal Development 1
- Employment/Personal Development 2
- Crafts/IT 3
- Quest/Occupational Skills 3
- Brain Storming 4
- Other News 4

Employment



Some of the clients visiting the Foyle Food Bank.

“I couldn't believe it when I received the news that I had successfully secured the job “

~Roger



One of the many beautiful Christmas decorations made on the activity day.

My name is Roger Jowett and I have been working on computers for over 30 years. I had been working on a particular animation which had taken me over 10 years to figure out but as result of this I was spending more time building computers and installing the Windows operating systems.

The net result of this was that my Mother became very worried about my mental health which as a consequence of this I ended up visiting Gransha Hospital. Not long after this I was introduced to AMH New Horizons where I started off in the Crafts Department, there I learnt to create beautiful things out of glass, but little did I know then that this whole process within AMH was going to be the guiding light to bring me back to wellness.

I found that working with the glass and creating beautiful objects was very therapeutic

Personal Development

Skills Coach Nicky Grant

Christmas Activity Day

During the month of December in the lead up to Christmas, the 'Personal Development Department' and the 'Quest Group' organised an activity day. This succeeded in bringing out the festive spirit whilst providing an opportunity for all of us to work together in a fun and creative environment.

This was very arts and crafts orientated and involved our clients creating Christmas candle holders, candle centrepieces and crackers. Everyone who got involved on the day thoroughly enjoyed themselves and had their very own handmade Christmas decorations to bring home at the end. The atmosphere was relaxed with Christmas music playing in the background, providing an environment that promoted friendly chat, idea sharing and general fun.

Below are two stories from clients describing their experiences of the Christmas Activity Day:

AMH NEW HORIZONS FOYLE NEWSLETTER

for me. I also spent time in the IT Department where I successfully completed an ECDL course and to top it off I apprehensively went on the Outbound Course and challenged myself to do activities that I would never have attempted, it also enabled me to meet and interact with new people who with their support and the encouragement of the instructors made it so easy and FUN!!!!

I then felt that I was ready to explore other options such as work placement or even Employment so I met with the Employment Officer Valerie who after discussions arranged a 12 week Training Placement at a local supermarket which I might say I enjoyed. After the training period a vacancy arose within the store and I applied, got an interview but unfortunately was unsuccessful but in a positive note I found the experience of the interview very helpful.

I then got another placement with HSC Business Services Organisation where I attended 2 days per week for 6 months working in the warehouse in Campsie at this

stage my goal was really to find paid employment.

Coming near the end of my placement at HSC Business Services Organisation I went on the HSC website and seen a vacancy for their new warehouse in Campsie so I applied and to my delight I was called for interview, Valerie supported me the whole way through my placements and even accompanied me to the interview and waited for me.

I couldn't believe it when I received the news that I had successfully secured the job in the new warehouse which to me was achieving my goal!!!!

I have to say that I could not have achieved this on my own and if it were not for the Staff and Service of AMH New Horizons I would not be where I am now.

Thank you AMH for everything.

Shannon Le Prevost

I was looking forward to the Christmas activity day, so after lunch I and my friend Heather went to the conference room to get involved in the activities and the Christmas spirit. When we entered the room everyone made us welcome, people were laughing and joking about sneaking some sweets that were being used for the Christmas crackers. Damien was always calling in to check if there were enough crackers for the Christmas dinner tables. Heather and I chose to paint pots, chatting away about what plans we had for Christmas which then turned into a nice conversation about swapping ideas for how to spend the holiday. Everyone was swapping names as we got to see new faces and hear how they enjoyed their courses. Heather made a cute red pot and did the nicest trees ever with candy sticks and a star at top of the tree and red and white ribbon. I painted a Christmas tree on my pot and stuck on snowmen stickers. I ended up so lost in chat that I painted the Christmas trees all around the pot. I really enjoyed the day and found it very relaxing.

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Crafts Skills Coach Gavin Campbell

I started in the Crafts Department in June, since then I have learnt a lot about working with glass and ceramics. I have completed a number of projects including glass tiffany, glass fusion, slip pottery, slab pottery and coil pottery.

I am currently doing an OCN in Art and Design, the course is interesting and has given me a better understanding of the process between project brief and the finished product.

I am looking forward to the drawing course that will be starting soon, it will give me the opportunity to develop a skill I haven't used in years.

Attending the service has boosted my confidence and helped me to get into a regular routine which I found was impossible before coming to AMH. All the staff are friendly, approachable and helpful.

I would highly recommend the Crafts Department to anyone who is interested, there are a lot of different projects available, once you have learnt the basics you have the freedom to work on your own projects. Gavin is knowledgeable, friendly and always there if you need a hand.

I would like to take this opportunity to thank all the members of staff and clients, everyone is very friendly and have made me feel comfortable in the service.

“Attending the service has boosted my confidence and helped me get into a regular routine”.

Mark



One of Mark's beautiful craft pieces on display within the Crafts Department

Occupational Skills

Skills Coach John Wallace

I was referred to AMH in August and started attending at the start of October. At the time I was reluctant to leave home and often felt stressed being around other people. Coming here has allowed me to focus on practical activities, like cooking and DIY at my own pace. I have enjoyed my time here so far and these positive distractions have helped me lessen the anxiety I feel in social situations.

After helping out on a few other woodwork projects, I started my

own one shortly after Halloween. My bed at home had started squeaking and I was looking for a replacement. After printing out a design plan, softwood was ordered and delivered a few days later. The bed posts were cut and put together, followed by the head and footboards, which were then joined and glued. The sides of the bed were cut out, with a ledge attached to the base to seat the bed slats. Before these

were bolted to the ends of the bed, the sides of the bed posts and top edges around the bed were routed to leave a curved round edge. Slats were cut and placed on the side ledges. The assembled bed was finished with some Danish oil the week before Christmas.



Jennifer's bed all made up and ready in her bedroom—looks fantastic.

Quest

Abert Kelly

What Quest means to me....

I used to wake up in the morning and wish I hadn't. Now I have something to look forward to. I have made new friends learned that I am in some way useful. I still have my challenges But I am not as self conscious I still have the same worries anxieties and problems But I am learning that I am not the only one..... And that I can now face them I don't have to wear a false face Everyone accepts me for who I am I am learning to accept me for who I am. ~Harry

IT

Skills Coach Paula Duffy

I have recently joined the team at AMH, I am just getting to know everyone and feel that both the clients and staff members have made it a very welcoming experience. My role involves delivering IT to a wide range of clients; the IT department caters for all levels of abilities offering introductory courses for beginners such as PC & Online Basics and ECDL Levels 1 and 2. NVQ Business Administration to resume in Winter 2017

Clients Journey with Using IT

In conversation speaking with one of the clients about their experience so far, having completed the NVQ in

Administration L2; the client was now out on placement which they said they were enjoying, as it allowed them the opportunity to put the skills they had learned into practice within the working environment. The client had said that the journey so far had been a positive one and that the company where training them to use their software applications and therefore building on their existing skills. The department welcomes everyone and we look forward to meeting you should you decide to drop in.

“I don't have to wear a false face, everyone accepts me for who I am”

Harry