

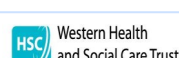
AMH New Horizons Foyle

Unit 13 Springtown Industrial Estate
Derry/Londonderry
BT48 0LY

Mickie Harkin, Service Manager
mharkin@amh.org.uk
Tel: 028 71373502

www.amh.org.uk

Follow us on:



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

Coming Up for Winter 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!

World Mental Health Day 2017



Many thanks to Derry City & Strabane District Council for Going Purple on World Mental Health Day.

Coming Up

Christmas Lunch

Client Christmas Lunch will be held on Wednesday 20th December, there will be lots of festive fun and activities. Everyone Welcome.

Christmas Closure

The service will be closed from Monday 25 December and will reopen on Tuesday 2nd December.

Crafts Sale

Wednesday 6th December—more details to follow.

Other News

Celebration of Client Achievement—10th October 2017

We recently celebrated our client successes, over 400 certificates were presented for a range of qualifications such as IT, Personal Development, Photography, Art and Vocational Skills. Dr Anne Kilgallen, Chief Executive Officer at WHSCT presented the clients with their certificates.



Mickie Harkin, Service Manager presented Dr Anne Kilgallen, Chief Executive Officer, WHSCT with a stunning piece of artwork created in our Crafts Department.

Foyle Local Client Advisory Group



Are **YOU** interested in becoming a member of the Foyle **Local Client Advisory Group**?

Please ask any staff member for details.

ISSUE 15

NOVEMBER 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.

Crafts

Animal Magic

I really enjoyed designing my craft piece, I am currently glazing my peacock, it was difficult to find the right glaze but through doing tester templates it helped narrow down the right colours for the peacock. Once the peacock has been fired, once again I will be able to see the final outcome and add the peacock feathers that I have sourced. I am so excited to see how it turns out and really looking forward to giving it to my mum as a Christmas present.

Leanne B

I enjoyed making the fish and glazing it. I was able to learn new ideas which has helped

me along the way such as designing and working with clay using a process that was new to me. I was delighted that the finished piece was exhibited within Foyle New Horizons, I can't wait to take it home for all my friends and family to see. I can't wait to get started on my next piece!

Rory F

We are currently running OCN L2—Making Ceramics, it is going great with lots of interest.

Come along and see some of the lovely pieces currently on display within the department.

Skills Coach Deirdre O Callaghan



Rory pictured with his fish.



Leanne pictured here with her peacock.

Special points of interest:

- World Mental Day
- Certificate Presentation
- Personal Story
- Personal Development Courses
- ECDL Course
- New Courses for Autumn
- Client Stories
- Brain Storming
- Visit to Magee

Media

Skills Coach Arlene O'Neill

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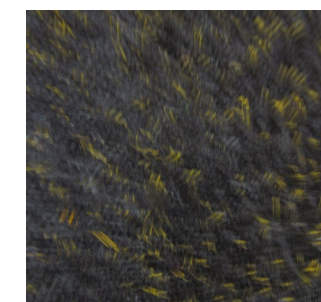
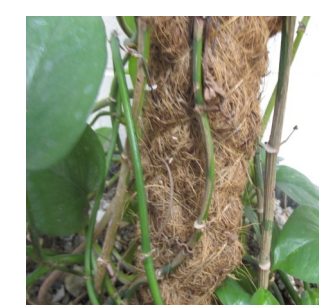
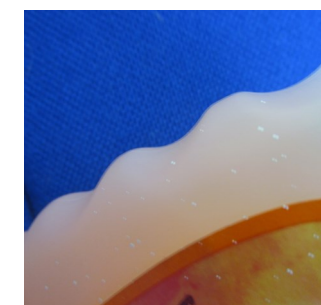
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Photography Brainteaser

The photography group have been busy being imaginative and creative around the service the past few weeks taking interesting pictures of a variety of things.

They were tasked with taking a close up of an item from somewhere inside the service. Have a look at the pictures and try and guess what it is and where in the service it was taken. Check with Arlene for correct answers.

The Photography Group is on Friday mornings, come along and have a chat with Arlene if you are interested.



Employment

Employment Officer Valerie Holmes



The Cycle Group out and about on one of their trips.

The start of October 2017 marked a year since I first started coming to AMH New Horizons Foyle. Initially, I spent most of my time in the Woodwork Department – helping to make garden furniture and even a bed for myself! I enjoyed this very much as it helped me to build my confidence within the Service. Lately though, I've moved on to the hectic environment of the Catering Department!!!! I am someone who likes practical hands-on stuff and the kitchen seemed like a place where you could be kept busy.

After achieving my Food Hygiene Certificate Level 2, I felt good about myself and I decided that I would take the opportunity to progress to NVQ 2 in Professional Cookery. Around that time, many other clients that I knew at the time were looking at doing work placements. So I thought, why not

look for one myself? I'm a fairly shy person so it took me a while before I went to see Valerie, the Employment Officer, about it. She asked me what I was interested in doing for a placement and I said something that involved cooking – like in a restaurant or a hotel. Further to ongoing discussions Valerie and I came up with a list of local hotel/restaurant businesses and started phoning round to source a placement.

By chance, while I was randomly browsing through the Job Centre Online website, I saw a part-time job chef listing for Browns Restaurant. So the next day I went to see Valerie and she called them up about it. When they got back to her, they told her they were looking for someone with experience for the role, but were able to offer me an informal interview about a placement instead.

A few days later, we went to see the head chef. Understandably

nervous, being with Valerie definitely made me feel more at ease during the interview. During the interview the Head Chef asked me a bit about my experience and gave me a tour of the kitchen and introduced me to some staff members. At the end of the interview he was happy enough to offer me a placement one day a week.

Since starting my placement in the restaurant I am slowly getting to know all the staff albeit I am quiet natured so it takes me longer to get to know people and feel confident with them but I will get there!!!! The best thing of all I have now learned how to present fine dining dishes to appeal to customers. My main aim is to complete and achieve NVQ 2 in Professional Cookery, obtain loads of experience in my placement and my end goal is to secure employment within the restaurant. Jennifer

IT Skills Coach Paula Duffy

Interactive Courseware on the ECDL Course.

I've been doing the ECDL course class and have really been enjoying the coursework (ECDL stands for European Computer Driving Licence, and is a great course for learning some of the fundamentals of Information Technology). I do a good portion of the work on the computer, using the interactive online ECDL program. What I love about the online coursework is that it takes you step by step through each section and even provides on-screen hints if you get stuck on one of the activities.

I've been working my way through the units since I started in the IT suite. I've been learning, among other things; how to open, edit and save files, how to use Microsoft Word and other Office applications, Web browsing and email, computer hardware and software, and lots more. The course itself is divided up into bite-size chunks, each containing an explanation of what that section involves, how long it's expected to take to complete, fun interactive guides, and finally a brief multiple choice test so you can evaluate what you've just learned.

One thing I really like about the course is that before you do an exam, you complete a "Diagnostic Test", which is basically like a practice run, so you can see how much you've learned and whether or not you're ready for the real exam. If you find you need a bit more study before completing the exam, Paula is always there to help you brush up on the points that are giving you trouble. This is great, and I know that I feel a lot more confident going into an exam knowing that I've understood the points that the exam is likely to bring up.

With the help of the skills coach, and the online learning resources, studying for the ECDL at New Horizons is really enjoyable. I'm making good progress, and recently received a certificate at the Presentation Day along with the other clients! This really helped with my confidence and self-esteem, and has even got me thinking about a possible career in computers in the future. Gary C

Catering Skills Coach Damian Bonner

We are happy to announce that 3 clients have started work experience and are enjoying their new training placements, this is in line with them building their skills and knowledge whilst gaining their NVQ L2 in Professional Cookery, we wish them well. We are also looking at another possible 3 clients to join them on the course so they can start their personal journey to building their confidence, skills and recovery on their journey.

Coming Soon!

1 Chicken Around the World in 5 Days

This Chicken will cure you, excite you, put fire in your tummy, comfort and give you soul.

More information to follow from the Catering Department!!



Occupational Skills/Quest

Albert Kelly

I started AMH New Horizons Foyle in January 2016 (Quest Programme), at that time in my life I was in a dark isolated place. I felt numb when I was in the building, I felt nothing in mind or body, I couldn't engage in anything and at that time I didn't want to be there. I had an addiction and mental health issues, I used a bottle to cope with my head, I was constantly in a daze. Thankfully, due to the patience of my Skills Coach, Albert and Service Manager Mickie I slowly started to take part in the gardening. Being out in the fresh air and getting involved in the planting, "against myself", I started to smile and talk openly with my skills coach and clients whom I now call my friends.

I started to become more honest with myself, I really tried hard not to stop and get that bottle on the way home, but it took a while. I kept attending AMH New Horizons

Foyle (Quest) and gradually I was getting in to a good place mentally and physically. I started taking part in more activities and team work and was starting to enjoy life around me, I didn't even want a drink as much and finally, I went off it in January 2017.

My Skills Coach approached me about doing a few courses, before my answer would have been a definite no no, with a little push and prompting I said yes. I successfully completed Healthy Lifestyles, I learnt a lot about my emotional and mental well being, I found the spiritual side of my life helped me. I enjoyed the walks each week, the feeling of being out in the fresh air and being physically active did a lot for my mental health and I had a really good feel factor.

I did the Confidence Course with Nicky which I really enjoyed, I learnt a lot and stuck at it which was a big change for me, the little talks openly and privately throughout the course had a great impact on me. I love coming to AMH New Horizons Foyle and I am sticking with the courses, it really motivates me and it provides a good structure to my life. I am now in a good place in my head, ongoing health issues are being sorted and now that I have stopped drinking, I am more involved in life after missing out on so much for many years.

Whenever I feel irritated and not in a great mood, coming to AMH New Horizons changes my mood straight away, everyone has been patient with me and now I am starting to see the benefits.

"There is no chemical solution to a spiritual problem"

Mary C

Personal Development

Nicky Grant

A few months ago I moved to a new office within the AMH Foyle. My Manager asked me to think about how the clients could identify that the office was the new location for the Personal Development Department. I started thinking about what I would like and what would suit. I came up with the idea of a wall art. I liked the idea of having jigsaw pieces with inspirational words within each. The Skills Coach in the Crafts department Deirdre got to work and had her clients create beautiful ceramic jigsaw pieces with the inspirational words displayed on each. All the jigsaw pieces are now displayed outside my new office and it looks amazing as you can see from the photograph.

Leanne Broome- Nicky recently moved office and thought that the plain wall outside could be decorated with a lovely design so that all the clients would know that that's where the new Personal Development office is. The Crafts Skills Coach Deirdre asked the clients who wanted to participate to making a clay jigsaw piece. She had all the words that Nicky wanted to be used and I picked DISCOVER.

I really loved creating my piece and it makes me feel good that my work helped brighten up the wall. Being connected to this project at AMH Foyle has helped my mental health as I will always feel proud knowing my piece of art is being displayed.

Joe McMenamin- I have been with the AMH Foyle group for over six months now and feel it has helped a lot with my mental health, I'm more confident in meeting new people and talking to others with similar issues. I was asked to do an art piece for the outside of Nicky's new office to show clients were the Personal Development Department is. So we had to choose a word out of a selection and make a jigsaw piece of it, with the help of Deirdre from the Crafts Department I made my jigsaw piece with the word GROW, it makes me feel proud to see my work displayed for everyone to see.

Client Visit to Magee University

Congratulations to both Mary and Gary who volunteered to engage with Social work students from the Magee campus during their Preparation for Practice Learning module. Mary and Gary spent a few hours with two different groups exploring their knowledge and experience of services, professionals and recounting their own personal journeys. They then agreed and took part in separate individual interviews during which social work students could have an opportunity to develop their professional skills in a realistic environment.

The students received feedback from their lecturers, peers and most important from both Mary and Gary who were able to draw on their valuable insight before constructively appraising them as the potential professionals of tomorrow and beyond.

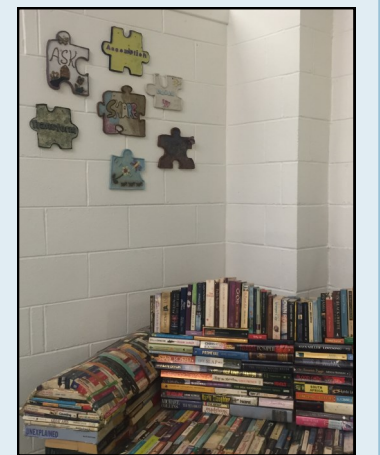
We hope this opportunity becomes an annual event as we see that it fits naturally within our existing partnership activities which include the World Mental Health Day Conference, facilitating lectures and accommodating student nurse placements and service visits.

"I started to smile and talk openly with my skills coach and clients whom I now call my friends"

~Mary



Mary and Gary pictured with Magee University Lecturer, Cheryl McMullin



The jigsaw craft pieces on display outside Nicky's office.