

MAJOR CASH BOOST FROM FANE VALLEY FOODS

AMH services received a significant boost this summer when leading Northern Ireland agri-food business Fane Valley donated a whopping £12,500 to the charity's coffers.

Staff at the Moira-headquartered firm took part in an array of fundraising events including the Belfast marathon, the Europa abseil and a gala

ball to raise the hefty total. Employees from the firm's group of companies, Fane Valley Stores, Fane Valley Feeds, Linden Foods, Kettle Irish Foods, White's Oats, Hilton Meat Products, Linery/UFBP and Duncrue Food Products, participated in a number of other cash generating events like sponsored cycles, walks and even a livestock equipment raffle to top up the funds destined for AMH. Earlier this year Trevor Lockhart, Fane Valley chief executive announced AMH as its designated charity partner.



AMH SCORES WINDFALL AT CHARITY SHIELD



AMH welcomed an amazing cash windfall this summer when the charity shield handed over its proceeds following a clash between NI Football League leaders Linfield and Irish Cup finalists Coleraine.

The match raised £3979.50 when The Blues beat The Bannsideers 3-1 at The Oval in Belfast. AMH was delighted to be nominated as the beneficiary for this year's leading football event which took place on August 5. David Babington, AMH Chief Executive said: "Events such as the Charity Shield are of vital importance in raising awareness of mental health in Northern Ireland and the gesture from players, clubs and supporters is greatly appreciated throughout our organisation."

Andrew Johnston, NIFL Managing Director, was delighted Action Mental Health benefitted from gate receipts generated from the game. "To be able to support such a fantastic charity as Action Mental Health is very important for the NIFL."

"We are delighted to be able to raise awareness of mental health and the issues it presents, especially within football, and for the NIFL to be able to raise so much money for charity just shows how worthwhile this match is for everyone involved."

VOLUNTEERS WEEK LAUNCHED



Hughena Gregory who volunteers at AMH New Horizons Newtownards.

June heralded the launch of Volunteers Week when Action Mental Health used the occasion to express a huge thank you to all the volunteers who give up their time to support the local charity. Volunteers like Hughena Gregory gives three days of her week to AMH New Horizons North Down and Ards, taking on reception and administrative duties and fundraising. ESF Working it Out clients from AMH New Horizons and clients from AMH Promote also spent six months volunteering at the historic Mount Stewart gardens outside Newtownards.

MAYOR MARKS YEAR OF ACHIEVEMENT



Lisburn and Castlereagh mayor Tim Morrow joined staff and clients at AMH's New Horizons Derriaghy to celebrate a year of achievement. Local Assembly member Robbie Butler also attended the special ceremony hosted to award 149 certificates of achievement to 57 clients for their completion of courses on stress management techniques, healthy living, improving self-confidence, self-esteem and ECDL. Recipients who took possession of their new awards – amid the picturesque surroundings of Colin Glen allotments – had taken part in the ESF funded AMH Working it Out scheme. Participants were treated to celebratory BBQ and a special performance of the newly-formed AMH ukulele group, supported by Belfast Uke Jam.

MARATHON MAN'S MAMMOTH EFFORT RAISES £1000 FOR AMH



Portstewart man Eugene Winters donated £1000 this summer after raising the money beating a gruelling challenge he set himself of running 300 marathons in 300 weeks. The running man, better known as Oggie, completed the mammoth task of endurance 30 weeks early, racking up over 7800 miles in just 270 weeks! The gardener, who turned 60 in May, celebrated his amazing fundraising feat by donating £1000 to AMH. Oggie, who began his worldwide challenge in Belfast, before taking on all the marathon majors across the globe, from Tokyo to New York, revealed the secret of his success. "It is a known thing, that if you keep smiling through the pain, it helps keep you going through the tough bits. So, when it gets tough, I keep smiling. It has something to do with the chemicals in your brain and it works."

CLIENTS RECOGNISED FOR 'WORKING IT OUT' THEMSELVES



Danske Bank regional manager Aisling Press, Annie Sands of New Horizons Newry and Mourne and AMH chief executive David Babbington.

ESF clients who took part in the Working it Out project at AMH's New Horizons Newry and Mourne received certificates for all their hard work, during a summer awards presentation. Some 99 service users achieved an outstanding 365 awards between them – one for every day of the year – marking a very proud day for them and family and friends who attended the special ceremony.

MILESTONE ANNIVERSARY CELEBRATED IN SERENE STYLE IN FERMANAGH

AMH New Horizons Fermanagh marked its 25 anniversary with a celebratory BBQ in the beautiful surroundings of their Serenity Garden in Enniskillen. Current staff and ESF Working it Out clients who attend the event were joined by colleagues from the past, as well as representatives from the Western Health and Social Care Trust. The development of the Serenity Garden was championed by the Time Out Programme funded by the Big Lottery through the Western Regional Alcohol Programme. The Fermanagh base of AMH New Horizons first opened in 1991 and was initially based in Enniskillen town centre before moving out to its current site at Cherrymount Road in Drumcoo.



Clients at New Horizons Enniskillen's serenity garden celebrate 25 years of the service.

HILLWALKER TAKES ON THE SEVEN MOURNE MOUNTAINS AND WINS!



Adventurous Andrew Weir has tackled the arduous Mourne Seven Sevens Trek to raise funds for Action Mental Health. The intrepid hillwalker raised £350 by taking on Northern Ireland's highest peak, Slieve Donard – but he didn't stop there. In very harsh weather, Andrew battled the elements to go on to scale the mighty Commedagh, Bernagh, Meelmore, Meelbeg, Binnian and Lamagan before heading back to Donard Park for a well-earned rest.

ZIP LINE CHALLENGE WHIPS UP FUN AND FUNDS



AMH's Amanda Calder (right) with Ciara Murray of charity partner Translink.

Over 100 people including Assembly members, AMH clients and staff and supporters faced their fears and took the AMH Zip Line Challenge at Stormont's Parliament Buildings. The 100ft high, 1000ft long zip wire gave participants stunning views as they whizzed their way to raise thousands of pounds for AMH. It was a special fundraising day that included a host of activities celebrating AMH's 50th birthday and its designation as the NI Assembly's charity of the year.



FOOD FIRM OFFERS MAJOR FUNDING BOOST

A team from Dungannon-based meat processing company Linden Foods presented Action Mental Health with a share of a £5000 cheque raised from its relay run in the Belfast Marathon. Team members from the company's procurement section included Brian Lynn, Gary Foster, Richard Allen, Gerry Maguire and Laura Kennedy, with the funds raised being shared with local charity, Cancer Focus Northern Ireland.

SILVER ANNIVERSARY



AMH chief executive David Babington congratulates Paddy Kennedy of New Horizons Newry and Mourne on 25 years' of service, who received a well-deserved award for his unstinting record.

There were celebrations for staff member Paddy Kennedy from AMH New Horizons Newry & Mourne who received his 25-year service award. The long-serving employee was congratulated by Chief Executive, David Babington who paid tribute to Paddy's efforts through the years. More staff members receiving long service awards in the next edition of In Focus!

BANKERS GIVE TIME TO VOLUNTEER



AMH applauded the efforts of the Customer Direct team from Danske Bank NI who spent an afternoon in June volunteering in the garden at AMH New Horizons Antrim. The bank's staff spent a busy few hours gardening in the sun, as part of Danske Bank's Time to Give programme.

AMH BBC APPEAL

The BBC NI Community Life special Action Mental Health appeal, hosted by AHM supporter, Father Brian D'Arcy, was broadcast on BBC1 and BBC2 at the beginning of September. The short but packed programme examines the Fermanagh service and its range of activities. Young and old alike helped illustrate the services, from the life-changing benefits of ESF Working it Out New Horizons, and the The Boost Project for young people, to The Men's Shed and the Warrior Women project. The MensSana scheme, which has been working with pupils of Holy Trinity Primary School and Enniskillen Royal Grammar School, was also explained very eloquently by the children themselves. A link to the programme can be found on our website.



OMEATH TO CARLINGFORD SPONSORED WALK



Over £2000 was raised by clients and staff at AMH New Horizons Newry and Mourne on the picturesque six mile sponsored walk from Carlingford to Omeath Greenway. The trek, in August, took in stunning views over Carlingford Lough, Slieve Foye and the Mournes.

LEARNING DISABILITY WEEK PROMOTED

Clients with AMH Promote celebrated Learning Disability Week by volunteering at Clondeboye Care Home. They planted flowers and tidied residents' gardens, while others gave away balloons and sold plants at Bloomfield Shopping Centre.

CHARITY BY NAME CHARITY BY NATURE



AMH New Horizons Fermanagh received a cash boost in June when Sarah Charity raised an amazing £1807.35 taking part in the Colchester Half Marathon.

NEW NORTHERN AREA MENTAL HEALTH PLANS UNVEILED



The Northern Area Mental Health Initiative announced plans to deliver mental health awareness training, internet safety, sexual abuse/exploitation education to children and young people aged eight to 25 years across the area.

An innovative project led by Cookstown and Western Shores Area Network (CWSAN), in partnership with Action Mental Health and Nexus NI, it is funded by the Northern Ireland Executive's Social Investment Fund (SIF), for two years, until March 2019.

It will deliver training on mental health awareness for children and young people across the board, from 8 years old, right up to 25. It will also target the 11 to 25 year age group with a range of initiatives dealing with confidence building, self-esteem schemes, techniques to cope with exam stress, body image and bullying awareness. Personal resilience training will also be delivered to the over-18s, while kids from 11 up to 18 and over will also be taught to tackle issues of internet safety, sexual abuse and exploitation education.

FAT FACE FASHIONS FUNDRAISING YEAR FOR ACTION MENTAL HEALTH



Fundraising manager Jonathan Smyth celebrates with the staff of Belfast's branch of Fat Face after it designated AMH as their charity partner of the year.

Action Mental Health was delighted this summer to announce our charity partnership with fashion retailer, Fat Face. Fat Face's Victoria Square branch in Belfast will be raising funds and awareness of mental health over the coming months. AHM is grateful to have Fat Face on board and is looking forward to working together.

AMH PROUDLY JOINS PRIDE PROCESSION



Action Mental Health supported this year's Pride event in Belfast, joining the colourful festival's annual procession through the city's streets under sunny skies. Team members walked the parade before manning an information stand at the Recharge Zone at the Rainbow Project Offices.

UP AND COMING EVENTS



AMH Abseil

Register for this hair-raising challenge to scale the vertiginous heights of Belfast's Europa Hotel by **17 September**.



The Granite Challenge

Back by popular demand, for its sixth year, all the proceeds of this arduous 55-mile charity cycle through the picturesque Mourne mountains, will go to The Men's Shed, AMH Downpatrick.



Dublin Marathon

Take on the ultimate challenge of endurance, south of the border, the Dublin Marathon, on Sunday, 29 October. Raise pounds for every 26 miles completed and choose Action Mental Health as the grateful benefactor. To find out more visit www.sseairtricitydublinmarathon.ie



Perfect Bliss Wedding Events

8th - 29th October

AMH will be showcasing our wedding favours at our charity partner, Perfect Bliss Wedding Events' fairs at:

**Hastings Ballygally Castle,
Sunday 8 October 2017**

**The Hastings Slieve Donard Resort & Spa,
Sunday 15 October 2017**

**The Hastings Europa Hotel,
Sunday 22 October 2017**



Decathlon, Belfast 10k

Take on the Decathlon Belfast 10K on Sunday, 5 November - don the purple jersey, and raise funds for AMH. For more info check out www.myraceentries.co.uk/decathlon/HomePage.aspx