

# REVIEW OF THE YEAR

## 2015/2016

Working in Partnership





# VISION, MISSION & VALUES

**Action Mental Health changes the lives of those living with mental ill-health and promotes resilience and well-being to future generations.**

## Vision Statement

“a society which actively values and supports people on their journey to positive mental health”

## Mission Statement

“to make a positive difference to people’s mental health and wellbeing”

## Our Values

**PASSION** We are passionate about, and dedicated to, our clients and we are totally committed to realising the mission, vision and values of the organisation.

**EMPOWERMENT** Our models of practice will be evidence based, and aimed at empowering our client, enabling them to make decisions about their lives, and their recovery.

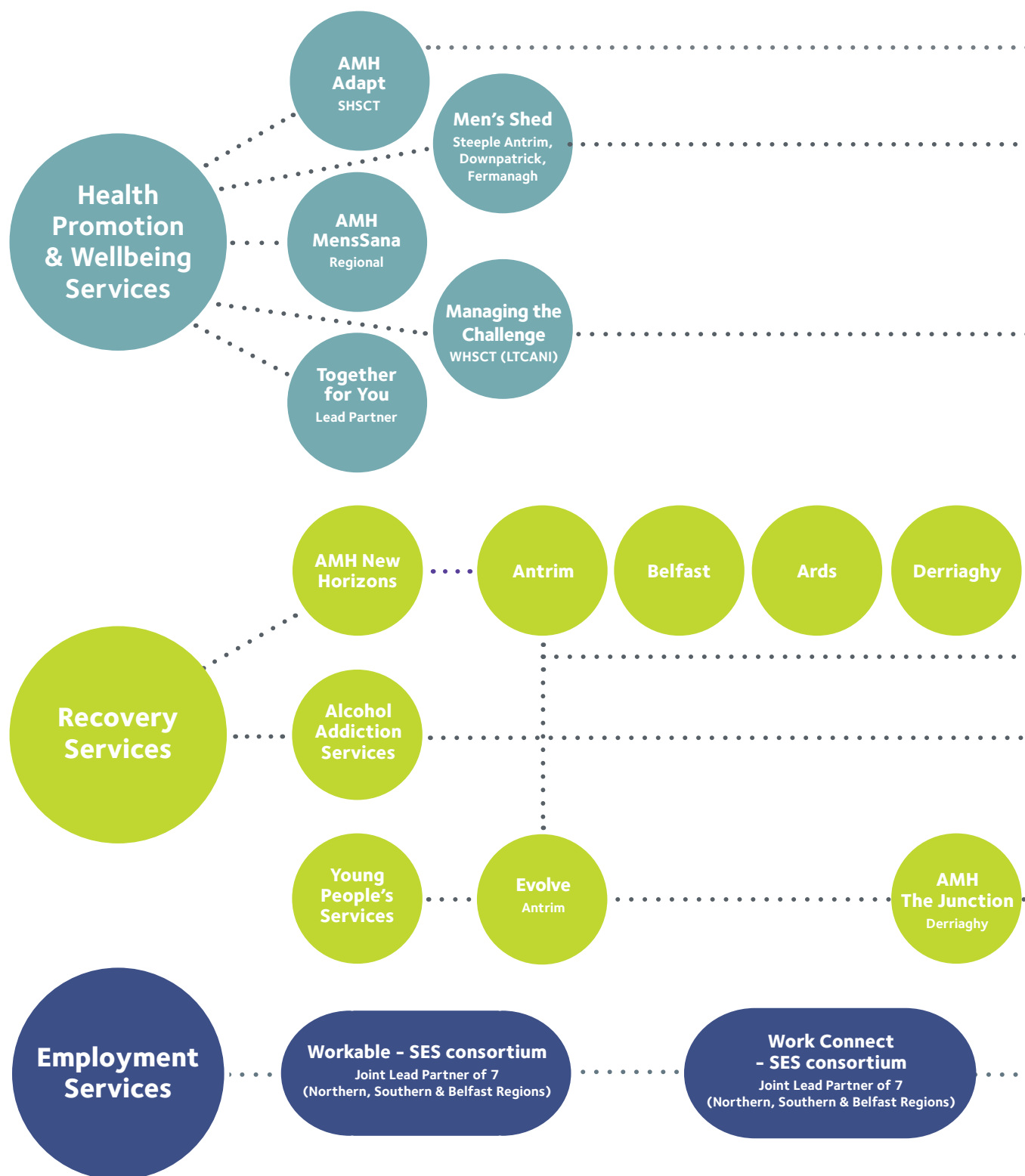
**EXCELLENCE** We will strive to deliver excellent service standards, consistently wherever and whenever we engage.

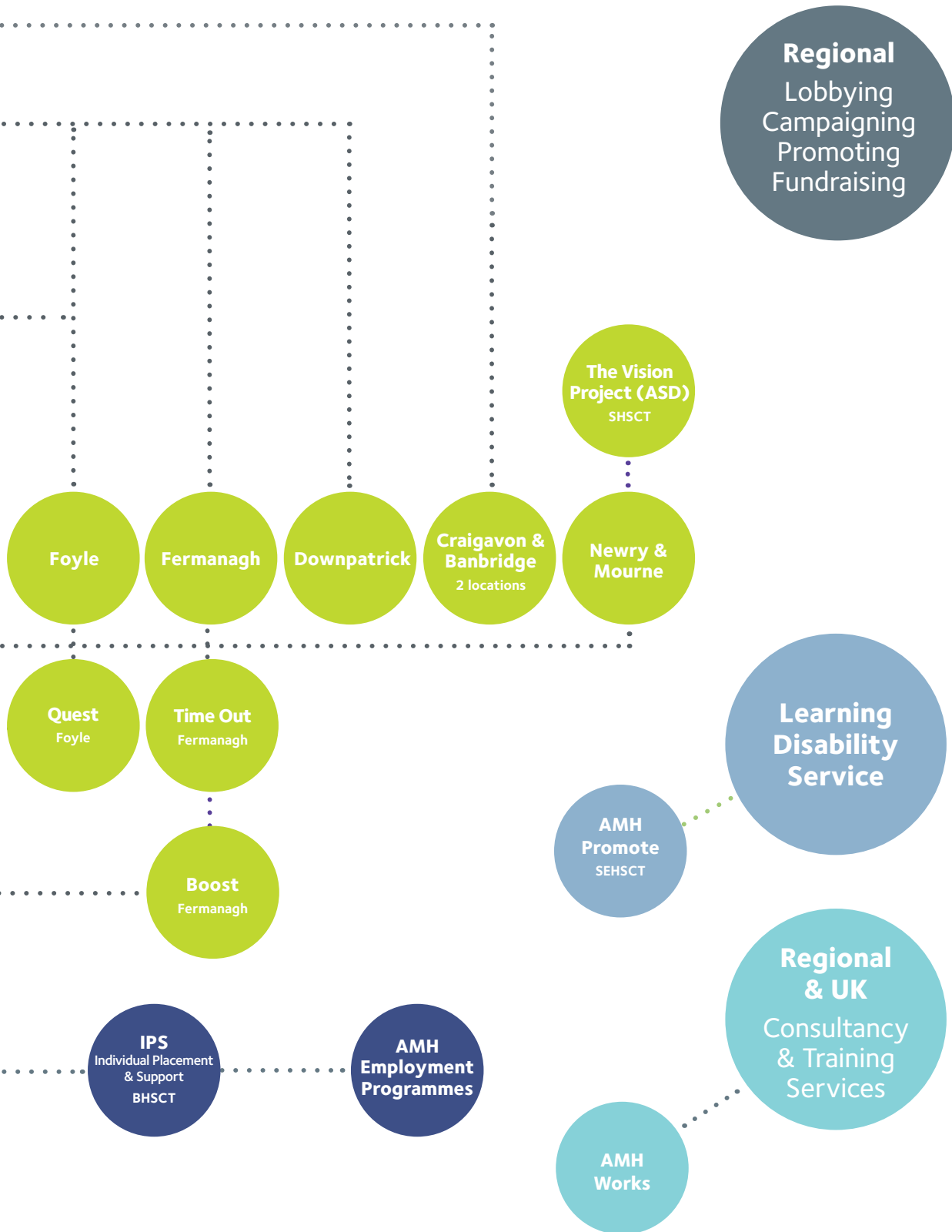
Our clients can expect modern and innovative service delivery.

**RESPECT** Dignity and respect are at the core of everything we do – for our clients, colleagues and wider community.

We will act in a trustworthy manner in all we do.

# SERVICES & PROJECTS





# OUR RANGE OF PROJECTS AND SERVICES



Recovery services for adults and young people, funded by ESF, five Health Trusts and DEL across the region.



Learning Disability day opportunities service for over 60 clients in Conlig, supported by the SE Trust.

## Workable/ Work Connect

AMH co-leads the 7 charity SES consortium in delivering these DEL Employment Programmes across Northern Ireland.



Resilience building programmes and mental health promotion.



PHA funded service in the Southern Trust area for suicide and self harm prevention.

## The Vision Project

ASD project based in Newry to assist clients progress to employment, funded by the Southern Trust.

## Managing the Challenge

Based in Foyle, this long term conditions project is funded by the Western Trust for over 250 people per annum.



Three sheds are funded by Big Lottery to provide support for over 180 men in Downpatrick, Antrim and Fermanagh.



AMH leads 8 other charities in this Big Lottery funded project for mental health promotion across NI.



Big Lottery supports these alcohol projects in the Western Trust.



Provides support for people with Eating Disorders in the SHSCT area.



AMH's mental health employer support service.



## 2015/2016 AT A GLANCE

 **18,572** PEOPLE WERE SUPPORTED BY AMH SERVICES AND PROJECTS

**2000**  
CLIENTS  
ATTENDED  
**AMH**  
NEW HORIZONS  
RECOVERY  
PROGRAMMES

NUMBER OF  
FUNDRAISERS  
VOLUNTEERS

**56**

**115% INCREASE**  
FROM LAST YEAR

**OVER 16,000**  
PEOPLE SUPPORTED  
BY AMH MENSSANA

REGIONAL COVERAGE FROM  
**11** LOCATIONS BY **165** STAFF

**INCOME:** EVENT &  
GENERAL DONATIONS

**74%** INCREASE FROM  
LAST YEAR

**300 PEOPLE**  
SUPPORTED ON  
GOVERNMENT  
EMPLOYMENT  
PROGRAMMES  
**WORK CONNECT**  
& **WORKABLE**



**3 MEN'S**  
**SHEDS**  
SUPPORTING  
**250**  
OLDER MEN

**SPECIALIST**  
**SERVICES**  
FOR LEARNING  
DISABILITY, EATING  
DISORDERS, ASD,  
ADDICTIONS AND  
**LONG TERM**  
**CONDITIONS**

WELLBEING SUPPORT FOR  
**80 EMPLOYERS**  
THROUGH AMH WORKS

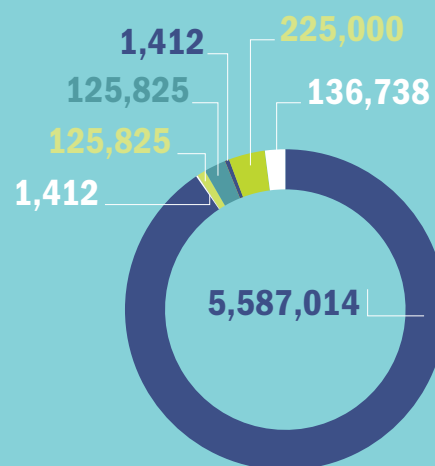
**NEARLY 4000**  
**INDIVIDUAL**  
**CLIENT AWARDS**



# SUMMARY OF ACCOUNTS

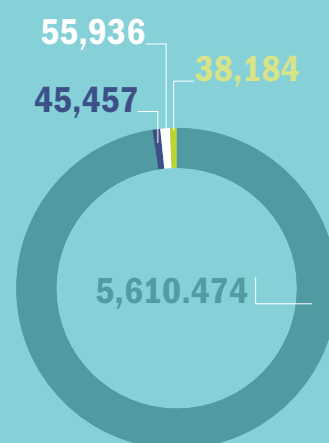
## INCOME

	£
Charitable activities	5,587,014
Donations	53,149
Other trading activities	136,736
Investments	26,498
Settlement of claim	225,000
Gains on investments	1,412
Profit on disposal of tangible fixed assets	125,825
	<b>6,155,634</b>



## EXPENDITURE

	£
Charitable activities	5,610,474
Raising funds	45,457
Loss on investments	55,936
Other	38,184
	<b>5,750,051</b>



A full copy of the annual report and audited accounts for the year to 31st March 2016 can be downloaded from our website [www.amh.org.uk](http://www.amh.org.uk) or by contacting [cchesney@amh.org.uk](mailto:cchesney@amh.org.uk)

AMH is a charity recognised by the Inland Revenue under reference XN47959, registered with the Charity Commission for Northern Ireland NIC100753. The company is registered in Northern Ireland, 27 Jubilee Road, Newtownards, BT23 4YH. Company No. NI5568.



# SPECIAL REPORT OUR JOURNEY

# SPECIAL REPORT OUR JOURNEY



**A group of Clients from the 'Working it Out' Project – AMH New Horizons Craigavon and Banbridge met to discuss thoughts on their journey with Action Mental Health.**

**Think back to when you were first referred to Action Mental Health... How did you feel?**



**MS:** “When I first started I was absolutely petrified. I was very tearful and panicky. I commenced a Personal Development course and on the first day had to leave due to a panic attack. After speaking to Alison I started a computer class and gradually began to feel more relaxed.”

**BS:** “I was very quiet and anxious on my first visit to AMH and although I was looking forward to trying different crafts I was apprehensive. I commenced a Personal Development Course and although I found it daunting being in the group it got me out of the house and I was able to chat to people who had similar problems to me and I began to feel less isolated.”

**KM:** “I had just moved to Portadown, I felt very isolated and had no friends. When I started with AMH two years ago I still found it hard to mix with others. I commenced a computer course and can still remember one of my fellow class mates passing me a very compassionate note empathising with my situation (which I have kept). This reminds me of how anxious and alienated I was at this time.”

**MG:** “My first visit to AMH wasn't good. I cried the whole time and didn't return for a year. Then I met with Alison who was so kind, respectful and informative about the service and made me feel at ease. I began with a course in Personal Development and Computers for Beginners.”



## What were your first impressions of AMH?



**MS:** “I was in such a bad place to be honest I can’t remember much about this time.”

**BS:** “I thought the staff and fellow clients were really nice. I have to say Joanne on reception was so friendly. This was the first time I didn’t feel constantly alone. I was meeting people who could understand me, listen to me and give me valuable advice. Being able to unload my problems was a great relief to be honest.”

**KM:** “At the start I wasn’t sure how the programme would help me cope with my illness. I admit I was negative and didn’t believe I could possibly make any new friends in AMH. I undertook courses like a chore! At the beginning I didn’t enjoy the courses and got no pleasure or sense of achievement. All of this changed gradually.”

**MG:** “On my first visit I was so distressed I really don’t remember much. On my second visit I felt a very friendly professional atmosphere. Joanne on reception offered me coffee and chatted away while I waited and made me feel ‘normal’. It was then I realised that my illness had isolated me and by meeting others in the same boat I was not alone.”

## What are your experiences and thoughts on the programmes offered by AMH?



**MS:** “I started with Personal Development but couldn’t cope and left on the first day. I then undertook basic IT which I found stressful but the staff were brilliant and gave me a lot of reassurance as my confidence was very low. I found the ‘softer’ courses less pressure and they gave me a purpose to get up and go!”

**BS:** “I started with Personal Development. This helped me to understand my emotions and feelings and taught me it was an illness that I was suffering from.”

**KM:** “At first I attended the courses because I had nothing better to do and it got me out of the house. Now I feel grateful and realise that each course has benefited me in many ways. I realise that it is not just the programme that has helped me but the people taking part that have given meaning to it.”

**MG:** “I started with Personal Development and found this course excellent as it made me realise that my thoughts and feelings were normal. During the course Paula told us one thing that sticks with me... “You need

to try and accept the things you can’t change and change the things you can” At this time these words really helped me in my personal situation. I decided to be positive and changed the things I could!”





## What are your experiences of the training offered by AMH?



**MS:** “I found it good that I could start learning computers from scratch. The courses offered have helped me for future use in employment. Alison and the staff were very supportive and helped me progress. I completed Employment Courses run by Nuala and Patricia which I found very useful.”

**BS:** “Paula was a great teacher and I enjoyed meeting others and joining in group discussions listening to what others had to say and sharing experiences. I have also engaged in craft classes and with the help and guidance of the staff I learnt new skills. I started to relax and enjoy what

I was doing. I am currently doing an ECDL computer course with Nigel who is an excellent tutor and takes time with everyone in the group which is difficult as we all work at different speeds.”

**KM:** “The training offered by AMH has given me certificates and has been very good. The Personal Wellbeing has given me lifetime skills. The most important thing about the training is that the staff worked individually one-to-one with me to help me develop and extend my skills and experience even further.”

**MG:** “I have completed a number of vocational courses

and found the staff very helpful and supportive. There were days when I had to trail myself out of bed to attend. Patricia was so motivating and supportive, she had great compassion and empathy if you were feeling low and also an excellent teacher. I couldn’t have successfully completed my achievements without her. She encouraged me to engage with things outside of AMH e.g. applying for jobs.

When I wasn’t successful she made me realise that by going through the process I had still accomplished something as a year before I wouldn’t have considered applying for a job.”





## What are your experiences of Voluntary Work?



**MS:** “Nuala initially placed me in a local café to build on my confidence, self-esteem, communication and team working skills. This really helped me. With my improved skills I have been able to progress to volunteer in an elderly day care setting which is an environment which gives me fulfilment. In doing this work I have realised that I wish to resume my career in nursing and am in the process of applying for the Return to Practice Programme.”

**BS:** “Unfortunately I have not been in the right place to undertake any voluntary work.

I had very poor physical health for over a year and was just starting to feel well and strong when a family bereavement devastated me and caused my mental health to dive very low. I hope in time I will be able to undertake some interesting voluntary work.”

**KM:** “I have volunteered for a year with a Primary School in Portadown, assisting children during Maths classes.

I have no words to express my feelings and gratitude to everyone involved in assisting me with this placement it is like a ‘Dream come True!’

**MG:** My first work placement was at a local golf club where I was very familiar with the setting due to my husband being a member. Unfortunately there just wasn’t enough work to keep me busy so I discussed this with Nuala and she secured me an interview with Mindwise and I commenced work a few weeks ago assisting as a crafts course facilitator. This voluntary work is in line with the type of caring role I wish to eventually be employed in and I am really enjoying it.”



## What are your experiences of paid work?



**MS:** “I started in my work place on a voluntary basis assisting with general café duties. I have now progressed to engaging in Permitted Work Higher level. This has been a gradual progression after initially doing voluntary work to prove myself and my skills. Getting paid for my work does give me more of a sense of achievement and

value, which is good, however I realise that I couldn’t have come straight into permitted work as I needed to improve my confidence. I know since I started I have come a long way on my journey.”

**BS:** “I worked before I became ill. I hope someday in the future to be able to return to some kind of paid work.”

**KM:** “I worked before I became ill and hope someday to be in a position to return to paid employment.”

**MG:** “I have years of experience of paid work in a very different role which I will not be returning to. I now know what career path I wish to pursue and am determined to do so.”

## How do you feel about the help and support you have received from the staff at AMH?



**MS:** “I cannot say anything negative about any of the staff involved with my journey through AMH. They are all caring, compassionate and competent. They are always there when needed and willing to listen. I would not be where I am today without the assistance and support from all the staff involved in my care.”

**BS:** “The help and support received from the staff can only be described as invaluable. The staff are

excellent, giving one to one support to the clients and signposting us to other support groups if needed. They were available at any time if we felt we needed support or just a chat. They have travelled our journey with us and are always there if you need to talk. Without the help of the staff and friends I would not be writing this now to be honest!”

**KM:** “I want to divide help and support from staff in AMH into help and support when ill and help and support when well. I

felt that the greatest amount of support I was given by staff in AMH was when I was unwell. My keyworker at AMH would always listen to me especially in the period I had just moved house and at times was in distress. I take this chance to say Thank You!”

**MG:** “Excellent! They are all very kind, compassionate, empathetic, encouraging and professional at all times. The work that they are doing for myself and other service users cannot be praised enough.”



## What is your long term goal?



**MS:** “I feel that I am now very close to my long term goal.... to return to nursing. I couldn’t have done this without the help of AMH. I used to be very isolated and now I have a great network of like-minded people with whom I have formed a very strong bond.”

**BS:** “I want to achieve a better way of life for myself and establish a network of good supportive friends.”

**KM:** “First of all it is to remain well! With getting and staying well a priority, I hope with all necessary support, I would step by step fulfil my life long goal to become a teacher.”

**MG:** “I want to be able to cope with life, heal from my illness and return to work. I have never had hobbies or interests outside of my family. My horizons have been broadened and I now have a variety of interests which help me to relax and I wish to further pursue.”

## Where do you feel you are at present in your journey?



**MS:** “I know that I have come a long way in my journey and I know that I am not just there yet but with Nuala’s support and guidance and being there for me I know I will eventually be able to cope with what life throws at me. I couldn’t have got any relevant voluntary work without Nuala’s help as she was able to source a relevant and suitable placement. I am dreading leaving AMH in the future but I know I will be when I am ready. I would not be

where I am today without my journey through AMH and the support and reassurance from staff and the support from fellow peers.”

**KM:** “I am able to manage my mental health condition and keep a balance as part of my everyday routine. I am returning to school to gain more valuable work experience and embarking on a BTEC Level 3 Award in Teaching & Training Course in SRC Newry.

My next steps are positive steps towards achieving my goal of becoming a teacher.”

**MG:** “I am more positive about my future and the support I have from Nuala and other staff members is invaluable to me. I am terrified about leaving the support network I have but hope I can continue to make progress with my voluntary work.”





## If someone asked you about AMH what would you say?



**MS:** “AMH to me has been a lifeline. The staff and clients in AMH Portadown have been so supportive and understanding. They made me aware of my illness and taught me how to work through it. Tablets only do so much! It has taken me many years to get to where I am today and I am so glad that there was a place such as AMH in my area because I know I couldn’t have become mentally stronger without them.”

**BS:** “Without the help and support of AMH staff I wouldn’t be writing this now to be

honest. I would recommend to anyone feeling lost to come to AMH. It’s a place where you don’t feel alone and is like a family to me.”

**KM:** “I would encourage someone who was hesitant, like me, to attend AMH. I would enthusiastically share my experiences and encourage them to give it a go. I would tell them about the new friends I have made in AMH and the support I get from them as this is of vital importance to me.”

**MG:** “It has been a lifeline to me. Through my illness I can

honestly say that it has been the best treatment I could have had. Pills and Doctor appointments take the edge off but AMH is helping me recover. From courses, to understanding and accepting my illness, to the support from staff and new friends I have made and helping me recognise my achievements and setting new goals. Recovery has taken me much longer than I ever thought but I hope, some day, to be able to say “Guys... you’ll never guess what... Somebody is willing to give me a job!”





# CHAIRMAN & CHIEF EXECUTIVE'S REPORT

# CHAIRMAN'S REPORT



**I'm pleased to report that although AMH has been confronted with significant challenges over the year, the organisation has emerged stronger as well as more adaptable and resilient.**

We are now well placed to tackle the hurdles faced by our clients as we navigate through increasing uncertainty caused by financial pressures and regional reorganisation of structures.

Amongst all the uncertainty the Board has been keen to ensure the mental health sector has its voice heard. With a range of partners we will persist with this theme to ensure we achieve a society that actively values and supports people on their journey to positive mental health. Our message to Government will be firm and consistent – we need parity with physical health.

Our achievement of outcomes is well recorded and yet again it is partnership and joint approaches which have made the greatest impact. We continue to work with a range of partners including the European Social Fund and the 5 Health Trusts to deliver the highest quality service in a cost effective way. I'm delighted our geographic spread continues to expand and reach more people and younger people.

Whilst there has been a keen focus on growing resilience

programmes we still have a major focus on employment as we provided training and employability programmes to nearly 2,000 clients last year with over 3,500 accredited training outcomes. In addition our delivery of Government Employment Programmes, Work Connect and Workable (NI), continued to outperform comparable programmes in GB; these programmes also linked to our support for employers through AMH Works, which continues to provide well-being training for companies.

I'm grateful again this year for the commitment of our Directors for the time they give to Board and Committees meetings. We have gained 4 new members and they have already contributed to the Board, which has met regularly throughout the year. I am very grateful to all the Directors for their time and expertise which they contribute to AMH. In particular I want to thank the Chief Executive, managers and all our staff and volunteers for their dedication in these challenging times.

**Peter Fitzsimmons**



# CHIEF EXECUTIVE'S REPORT



**This was the final year of our Strategic Plan for 2013-2016 and I'm delighted that key objectives were achieved despite ongoing financial pressures, which persisted from last year.**

Although there was significant turmoil with ESF funding, AMH emerged in a relatively robust and sustainable financial position with more people being reached and accessing our services than ever before. In addition, we were able to provide leadership for the sector on the issue of the need for parity of esteem with physical health and to highlight the weaknesses in mental health services since the Bamford Review.

Having delivered progressively innovative recovery services for many years our progress in expanding resilience building programmes continues apace. The final year of the Big Lottery 'Together For You' project, which we led, was particularly successful and collectively, with our 8 partners, we provided services to over 52,000 beneficiaries.

This provided the launch pad for growing AMH's own resilience building programmes, which is in line with Government policy, to educate people and prevent illness in the first place. It included a process to integrate the new Adapt eating disorder service into AMH, which is a unique community based service along similar lines to our MensSana/Protect Life activities. A continuing theme has been the development of client involvement

and this year it culminated in the first ever regional Mental Health Summit, underpinned by our Queen's University research, led by AMH and supported by Together For You partners. Our clients' voices and concerns were well articulated in front of politicians in the lead up to the 2015 local elections. This work will continue in coming years and within the confines of challenging public sector finance, we believe it will be even more important for clients to be able to have their voice heard.

The rolling refurbishment of our facilities has continued, with a particular focus on long term sustainability and energy conservation. Our clients have played their role in making suggestions and taking part in efforts to make facilities more suitable for their needs and for those of our staff.

In terms of the quality of our staff, it was heartening to see AMH pass the new ETI Scrutiny Evaluation, earning a high degree of confidence in our work. This further underlines our organisational commitment to excellence alongside existing IiP Gold/Champion status and CSE awards.

As with previous years, AMH has demonstrated resilience in tackling all the hurdles

presented to us, and all staff have responded extremely well to the challenges and needs of our clients. As always, we have worked collaboratively and in close partnership with a wide range of other organisations, without whom, we could not deliver for our clients. To all of them we are sincerely grateful. Most of all I'm grateful for the passion and dedication of our staff and volunteers in making a positive difference to people's mental health and wellbeing.

We were delighted to be the nominated charity for many individuals and groups who took part in fundraising events throughout the year. In particular I would like to thank our corporate partners this year Lloyds TSB - Fraud Department, the Wilson Group, Ballyclare Golf Club and Belfast International Airport. A big thank you to all those who gave of their time, your generosity is appreciated. I would also like to acknowledge those individuals

who have kindly included Action Mental Health as a beneficiary in their wills.

AMH's work is made possible by generous support from Health and Social Care Trusts and the European Union and I wish to also to acknowledge the generosity of the many trusts, foundation and funding bodies who make our work possible.

**David Babington**







**SERVICES &  
PROJECTS REPORTS**



# SERVICES & PROJECTS REPORTS

## AMH New Horizons Antrim

Over the year the Antrim service continued to work in partnership with a multitude of organisations and people to provide a wide range of activities and programmes in various locations as the service continues to expand its reach.

We delivered the Positive Health Project with the Community Pharmacy Partnership. This programme was delivered in Coleraine and included physical health, healthy lifestyles, healthy eating and well-being activities. Continuing the cooking theme, the Causeway Coast and Glen's Council funded a slow cooker programme which was delivered in Antrim New Horizons. The aim of the programme was to address fuel poverty in the Northern Trust area. Clients were provided with a slow cooker, recipe books, ingredients and some kitchen equipment to use at home.

Over the past number of years AMH New Horizons Antrim worked in partnership with Contact NI, FASA, CRUN and OASIS in the Healthy Body Healthy Mind programme which is part of the Impact of Alcohol portfolio that is funded by the BIG Lottery. Healthy Body Healthy Mind delivered mentoring, counselling services and personal development training to people in the Northern Trust area. Over 300 people engaged with Healthy Body Healthy Mind to help them with their struggle with alcohol.

As part of the legacy of Impact of Alcohol, Community Champions were established within local communities to provide alcohol awareness programmes. Over 30 Community Champions completed OCN level 3 Awards in 'Train the Trainer' giving them the skills and knowledge to create and develop alcohol awareness programmes to deliver within their local communities.

EVOLVE, our young person's group was established this year by AMH and Youth Action, with the aim of bringing young people aged 18-25 together to enhance and develop their confidence, self-esteem and social interaction. The group had many day-trips throughout the year; to the Belfast Christmas Market, a Cola-Cola Tour and canoeing to name a few. In addition to this the team worked together on an art project, which culminated in a mural depicting the meaning of EVOLVE. They also took advantage of the accredited training on offer in Teamwork Skills and Employability.

We have developed 3 outreach garden projects in partnership with the Northern Trust Recovery College. These will be delivered at Ferrard House Antrim, Woodlands Wellbeing Hub Newtownabbey and The Oasis Project in Holywell Hospital. Clients will be able to engage with our services at each of these locations or our Antrim site.

This year we continued to develop our partnership with the Northern Trust's Recovery College. AMH Skills Coach Nicola McAleese and New Horizons client Anne Hawe, delivered "Managing Money" training to service users in the Northern Trust area. We also work in partnership with the Northern Regional College who deliver Essential Skills in Literacy and Numeracy within the Antrim Service. This has now been running for over 3 years and is confirmed to continue in 2016/2017.

We would like to thank everyone who has helped us this year including a number of community and voluntary groups, private companies and statutory agencies who have supported our client activities.

Many thanks to: John Grant, Physical Activity Leader Larne Leisure Centre; Lisa Critchley, Belfast Hills Volunteer and Outreach Officer; Mike Gibb, Executive Director World of Owls; Elaine McDonald, Co-Ordinator The Living Rooms, Ballymena; The Base in Ballymena; Lesley Kirkpatrick, Community Champion, Tesco; Leah Glass, Causeway and Glens Council and Martine Smyth, Team Leader, Princes Trust.

## AMH New Horizons Belfast

2016 has been a busy year for New Horizons Belfast, with clients achieving 239 level 1- 2 single units and completing 78 full awards.

The service has welcomed over 100 new registrations with an additional 15 new clients joining our Individual Placement and Support (IPS) programme. In the past year, 21 IPS clients have moved on to employment, 31 people moved into voluntary work, and 17 clients commenced training placements.

Working in partnership with the Belfast Trust on both the "Working it Out" and "IPS" programmes, continues to be a positive experience and has been strengthened further since employing 2 AMH employment

staff who are located in the North and West recovery teams to implement the IPS model. The Employment Specialists have been fully integrated into the mental health team, attending weekly team meetings and working alongside the vocational expert on the team – the Specialist Occupational Therapist. This collaborative working has been a key factor in the successful roll out of IPS to date.

Since producing and distributing a jointly commissioned evaluation of IPS, we have been invited to present at a range of events for Occupational Therapists, the NI Union of Supported Employment (NIUSE), and the Irish Association of Supported Employment (IASE). This and other promotion of IPS

has triggered other organisations to make contact to discuss the implementation of the IPS model.

**So Glad** - *"I would like to take the time to thank the team Esther (Occupational Therapist), Martin and Stuart (AMH IPS Employment Specialists), for all their help and support they have given me. Stuart was very good at boosting my confidence so I could attend an interview. He helped in so many ways. He held me build my confidence and improve my self-worth. He has supported me before and after the temporary job positions I held. He went through interview techniques, which were very helpful. I am so glad I have Stuart's support, thank you!" - Valerie.*





## AMH New Horizons Craigavon & Banbridge

Keen to increase the geographical reach of our service, our strong partnership with the Southern Health and Social Care Trust has resulted in AMH services being extended to Armagh and Dungannon, this year.

During the development stages, staff linked in with the respective Community Mental Health Team to promote and agree suitable, accessible venues in both locations.

With an extensive portfolio of possibilities, clients can engage concurrently in options ranging from ECDL to NVQ L1 and L2 in Business Administration, Horticulture, Essential Skills, and from our suite of OCN courses such as Understanding Stress, Assertiveness, Communications, Relationships, Beliefs & Values, Decision Making, Cooking and Employment Preparation.

The Active Communities programme, run by Armagh City Banbridge & Craigavon Borough Council and Mid-Ulster District Council has offered opportunities in a range of sports such as golf, cycling, boxercise and chair-obics, which not only boost physical health but social health too. All support offered is tailored to suit individual goals and interests. This is continuously monitored and reviewed to measure whether or not the desired impact is being achieved, with changes being made when necessary.

In response to increasing demands from those interested in exploring employment options, we have sought new partnerships with local employers to help open up fantastic opportunities for clients who wish to gain work experience in areas such as education, retail, hospitality and



IT. Alternatively, clients can pursue further education in preparation for employment with AMH staff partnering with colleagues in FE Colleges and Universities to ensure that the appropriate support is in place for the individual's new venture.

Clients attending AMH are encouraged to become active partners in service delivery and influence its direction and content in whatever way they feel comfortable. There is an opportunity to join our Client Local Advisory Group who discuss local matters and can represent local views at AMH's Regional Forum on organisational issues and relevant matters in the wider mental health world.

**Forever Grateful** - "I first met with Nuala, the AMH Employment Officer, on 16th October 2013. I talked to her about my goal of returning to university and she identified that my self-esteem was very low. I needed to practice my social skills and develop confidence in my abilities again."

Nuala contacted the Accommodation Office at Queen's University and was able to find me a voluntary position there which began in November 2013. My main task was to log the post of students who lived in university accommodation. My manager Michelle was aware of my situation and facilitated me in this regard; I was therefore able to increase my confidence gradually in a relatively safe environment without being overwhelmed by too much pressure.

The support I received from AMH enabled me to start university in October 2014. With Nuala's help, I began paid work at the Accommodation Office with similar duties as before. I continue to work there when my university timetable permits.

I can confidently say that without the help of AMH and Nuala, I would not have been able to return to university. I still struggle with anxiety issues, but my self-esteem has increased immeasurably. I am now in the second year of my Law degree and will be forever grateful for the help I have received".

## AMH New Horizons Derriaghy

AMH New Horizons Derriaghy has had a busy year delivering a range of courses to a number of clients. To celebrate each of their achievements and praise their individual success, we hosted a summer BBQ at our allotment in Colin Glen to present each client with their certificates, including a number of qualifications in English and Maths.

Clients continue to benefit from ongoing computer and IT classes as well as participating in employability workshops that focus on key areas such as job searching, applying for work, interview skills, health & safety, and time management. A wide range of courses under the

personal development pathways were also delivered including Positive Steps, Assertiveness, Feelings and Emotions. In addition, clients took part in Alcohol Awareness and Money Management Programmes.

This year we were named runners up in the Lidl Community Works initiative. Clients also had the opportunity to volunteer with a weekly volunteering group at the local Food Bank and Animal Sanctuary.

Clients have the chance to develop new skills in the garden and the kitchen; the allotment group is flourishing, and the Cook IT programme has been a massive success.

There's lots of fun to be had in Derriaghy. The Men's Group continue to meet each Wednesday and completed a 6 week African Drumming project which was led by "Releasing Rhythms" and a group of clients have developed their digital photography skills by completing a Level 2 OCN. The Craft Group has expanded their creative skillset by learning a range of new art disciplines such as painting pebbles, quilling and felting.

Our Young Persons Group, run in partnership with Youth Action catering for 18-25 year olds completed its first semester with phase 2 starting in September 2016.





## AMH New Horizons Downpatrick

This year we welcomed the start of our new ESF programme – Working it Out! The first few months were extremely busy with client registrations and the development of Individual Action Plan's. We then got settled into the ongoing work of enabling clients to attain a range of Personal Development, Vocational and Employability qualifications as well as supporting clients to undertake training placements in support of their learning.

Thanks to all those voluntary sector organisations and businesses who offered our clients the opportunities to build their confidence and self-esteem and develop vital vocational and employability skills. We also supported clients to progress from the service to a range of voluntary work and employment options.

In April 2015 we were delighted to be joined by a range of Health Trust Representatives, Politicians and clients to celebrate the opening of our refurbished premises and celebrate clients' achievements over the previous year.

In June we were happy to once again be joined by visitors from the Dutch Mental Health organisation Kwintes. This was an invaluable opportunity for us to share and discuss models of support in our respective countries and also a great opportunity for our clients to connect with people from another European Country.

Throughout the year we have had a very valuable partnership with the National Trust, particularly Castle Ward and Rowallane Garden. Over the year Rowallane Garden supported several clients to undertake training placements in support of their horticulture training in the service. We also decorated holly wreaths to be sold



at Rowallane's Christmas fair. Our Life Skills group has supported events at Castle Ward in a range of activities such as packing mini eggs for Easter treasure hunts. By far, the biggest task was that of Santa's helpers, as they wrapped a large number of presents for Santa's House. These efforts helped the National Trust raise much needed funds. We also have used the grounds at Castle Ward for our weekly walking groups.

**Another valuable partner has been St Vincent de Paul. They have provided opportunities for several clients to undertake training placements. One of these clients, Catriona Magee tells her story of how this partnership has led to recovery.**

*"When I first started at New Horizons I was unsure of what to expect. I felt upset, because it was something that was going to take me out of my comfort zone. I usually spent all of my time at home, not socializing with anyone.*

*When I started I met my keyworker, she was a lovely lady and put me at ease, although I was still feeling nervous about everything to come. I started to get to know people, other service users and staff members. I started taking courses to increase my confidence and I*

*began to feel more at ease and enjoyed coming to New Horizons.*

*Over time as my outlook on life changed, I met with the Employment Officer and started an NVQ in Customer Service. It was suggested that I start a voluntary placement at the St Vincent de Paul charity shop. At first when I stepped out of the familiarity of New Horizons I was very nervous, however, when I started at St Vincent de Paul they were very welcoming and supportive of me. They made me feel like I was a valued member of their team.*

*I have been on placement for just over a year and in that time I have been supported by my Employment Officer, NVQ tutor and the staff at St Vincent de Paul. With this help and support, I have successfully completed my level 2 NVQ in Customer Service.*

*I now feel that I am a very different person, for the better. I once felt like I was alone and now I feel that I have a voice and that I am worth something, I am comfortable with who I am and I have more confidence.*

*I thank New Horizons for giving me a lifeline, I feel like this service has given me a life out of nothing."*

## AMH New Horizons Fermanagh

With the “Working it Out” project, AMH had an opportunity to expand services into the Tyrone area and launched in Omagh in February 2016. Our Employment Officer now provides support to people in the Omagh area who wish to engage in employment training, further training and volunteering.

The “Working it out” project also enabled us to increase our esteemed workforce and we are delighted to welcome, Briana McAteer, Rosemary Cupples, Sean Magee and Briege McRory to the Fermanagh team.

Quality assurance remained a high priority for the team throughout the year and this was evidenced by high levels of satisfaction expressed by clients through our client satisfaction survey, and through re-accreditation for Customer Service Excellence in September 2015.

AMH New Horizons Fermanagh has continued to network extensively throughout the year, maintaining strong working relationships with

the Community Mental Health Team, Child and Adolescent Mental Health Services, Action for Children, Youth Action and the Gateway team. We are represented on the LASP, Making Life Better partnership and the Integrated Care Partnership. We also maintain close links with the Fermanagh Drug and Alcohol Forum.

We have continued to work on challenging the stigma associated with Mental Health during the year and our Basket Case exhibition provided the backdrop for a large regional conference held in the South West Acute Hospital, and also the AMH Mental Health Summit.

We have an established, vibrant Client Local Advisory Group (CLAG) operating within the service, making a very positive contribution to service planning and improvement. CLAG members have been involved in the launch of the QUB research report Regress? React? Resolve? on 5th October 2015, Northern Ireland's first Mental Health Summit on

24th February, and contributed to the development of the AMH Strategic Plan at a consultation event in Fermanagh New Horizons, and participated in the 2015 AMH Directors Conference in Newry.

The delivery of an extensive portfolio of client training led to very positive training and employment outcomes for clients, exceeding targets set for the service.

AMH BOOST, is Fermanagh's young people's programme for 18-25 year olds experiencing mental health challenges. BOOST aims to help re-build confidence and self-esteem to enable participants to re-engage in main stream education and/or employment. The programme runs a range of personal development, vocational & employability programmes along with a range of fun activities e.g. canoeing, horse riding, go-karting and off-road driving.

Working in partnership with Youth Action, BOOST offered a diverse programme of activity throughout the year.







In total, 31 young adults had the opportunity to complete numeracy and literacy programmes, accredited vocational training, and enjoyed meeting new people and forging new friendships through the many social and recreational activities on offer.

Exploring their own creativity, these young adults engaged in “On the Rip”, a unique art project funded by the Public Health Agency, which used the medium of car art to tackle the local lad/ladette culture

of young people going out at weekends “on the rip”. The project, delivered in partnership with PSNI and the NI Fire Brigade challenged attitudes to drug and alcohol use, drink driving and road safety.

The final art piece entitled “Don’t Look Back” is a mixed media art installation created from a scrapped car, which was a colourful entry in the Enniskillen St Patrick’s Day celebrations, winning an impressive 2nd prize in the

Best Float competition. The local community showed tremendous support for the critical work being undertaken through our BOOST programme, raising almost £8000 to support ongoing delivery of the programme. The innovative and challenging approaches used to raise this impressive total included an ‘Edyathalon’, a “to hell and back” challenge, and a Head shave a huge thank you to Craig, Caroline and Rosaleen, our phenomenal BOOST Champions!

## AMH New Horizons Foyle

AMH New Horizons Foyle continues with its journey of development and success, much of which depends on our daily networks and partnership-working activities.

Some of the many examples of success include Read Between the Lines - an art exhibition with a difference. All of the prints had been created by client Pat Ross who - with the help of many organisations - supported the exhibition to travel extensively throughout many venues and public buildings to help raise awareness of mental ill-health as well as Pat's incredible talent.

We called upon Government, Councils, businesses, educational and charitable partners, who all responded in a unifying manner to ensure the enduring task of challenging stigma was met at every opportunity. The exhibition came to a close on World Mental

Health Day in the Playhouse, where all of the prints were auctioned and the proceeds donated to New Horizons, Foyle.

QUEST – an alcohol misuse support project based in Foyle, is yet another example of how identifying local issues, engaging with participants, securing funding and establishing partnerships adds value to the overall project.

The “Showcase” event, which was held in the City Hotel, demonstrated how funders Big Lottery, Western Health and Social Care Trust, WRAPP the Charity & Voluntary sector, and project participants worked in perfect cohesion toward shared objectives.

All of the projects took part in a “market place” type event where clients Celine, John and Tony from the QUEST project recounted how

they came to need the support of QUEST and the positive impact that it has had.

2015 was the first year of the super councils. Within days of taking office, Mayor Elisha McCallion, requested to visit New Horizons Foyle to inform us that we were one of her chosen charities.

The opportunities presented during the year included our crafts department being commissioned to produce several pieces of art which were presented to visiting dignitaries, and client/ artist Pat Ross was also commissioned to create a piece of art which was then displayed in the Mayors parlour .

Our “Celebration of Achievement” was the biggest in Foyle to date, with 110 clients, invited guests and staff all assembled to show







their personal congratulations for the many qualifications and personal attainments gained. The celebrations were officiated by Mayor Elisha McCallion, Ms Amanda McFadden Assistant Director Mental Health WHSCT and Mr Andy Hall Manager with Big Lottery. We had music and song from some of our very talented musicians and a banquet which was prepared by clients in the catering department.

Many of our clients during the celebrations told us that often it is the daily social interactions, conversations and sharing of

experiences, that creates the spark of hope - listening to each others journeys, exploring options and finding the right pathway of support.

Former client Aidan Boyle's experience was very well summed up during a return visit to us. Aidan's message was, *"believe in yourself, the staff are here to help, take it, take it all, it was tough leaving but I'm glad I did. Don't get me wrong it won't just happen overnight, I along with all the help support and guidance had to work hard to recover, but believe me it's not impossible."*

**2015 was the first year of the super councils. Within days of taking office, Mayor Elisha McCallion, requested to visit New Horizons Foyle to inform us that we were one of her chosen charities.**

## AMH New Horizons Newry & Mourne

One of our most important and enduring partnerships has been the Newry Employer's forum, which was set up in 2009 to support clients in employment options and to further raise the profile of AMH and the service we provide. They continue to help us forge strong links with local employers and the clients benefit greatly from work placements in the local business community. They are also actively involved in raising the profile of AMH through such activities as lobbying, tackling stigma and raising funds. BIG thanks to everyone involved, and we look forward to what this year brings!

We are also lucky to have other supporters who help us raise funds for our local service. During the year Gerard Harte took part in the Newry City Marathon and Newry City Runners had a street collection in Camlough, Meigh and

Rostrevor for Action Mental Health. We were the lucky recipients of Santander's Community Plus Initiative and Autoline's 40th celebrations give-away!

In Newry we also love our sport and got together with the AMH Downpatrick service to play home and away football match. This year we also organised a football tournament with PIPS Newry & Mourne in the Jennings Park Complex Newry, which attracted the top junior and senior teams from the South Down and South Armagh areas.

The tournament was a great success, attracting large crowds at every match. Windmill Stars won the tournament beating Cleary Celtic with a late goal in extra time. Gillian Fitzpatrick, Deputy Chairperson of Newry & Mourne and Down District Council, at

the time, and now Chairperson, officially opened the tournament. In her opening remarks, Gillian spoke about sport and how being involved in physical activity can have a positive effect in helping people with poor mental health and also breaking down barriers to mental ill-health, suicide and self-harm in the community. We hope that this tournament will raise awareness of issues, especially with young men who find it difficult to talk about their conditions.

We worked with the Community Development & Health Network to deliver Community Health Champions accredited training for clients in the Newry Service. The aim of the accredited training was to enhance the skills and experience of our clients to contribute and support communities in positive thinking and growth in the community.





**Adrienne's Story is one of our many success stories in AMH Newry & Mourne.**

*"My name is Adrienne. I'm 27 years of age and I have Asperger's Syndrome. It's a mild form of autism which affects my social interaction and communication skills as well as how I process and interpret information.*

*I do not understand figures of speech unless I have learned their true meanings. I also have limited non-verbal communication and a poor short-term memory, so I cannot process a lot of information at once.*

*My Asperger's caused me difficulties at home (such as arguments with family members) and at university, such as taking longer to complete my coursework and other tasks in general.*

*Not understanding my coursework, requiring clarification with things mentioned in lectures and in particular group work, were all significant issues for me.*

*I left university with a Bachelor of Science degree, depression, no self-esteem and no intention of applying for jobs because I felt as though all the hard work and stress I experienced trying to obtain my degree had come to nothing.*

*I was unemployed for two years and in that time I completed a Prince's Trust course that gave me my confidence back, so I started applying for jobs. I got many interviews and was capable of doing the work required, but because of my difficulties with processing and interpreting information due to my Asperger's the response I gave at these interviews did not answer the question being asked.*



*I was constantly unsuccessful. The confidence I regained from the Prince's Trust course was lost completely and I was on the verge of giving up until my occupational therapist got me into AMH New Horizons, Newry & Mourne. I took the term "New Horizons" to mean moving on to bigger and better things, a new start, the beginning of a better life of myself.*

*At New Horizons I completed many accredited training courses. With the help of the employment officer in New Horizons I secured a work experience placement in McKeown's Solicitors. I was initially supported by the Vision Support worker until I gained the confidence, knowledge and skills to do this on my own.*

*I have been employed there on Supported Permitted Work higher 15.5 hours per week as an administration assistant for two years. I get on very well with my colleagues who are a wonderful support to me and always include me in any of their planned social activities.*

*I would highly recommend the Vision Project within AMH for people with Asperger's because it has been a huge part of the journey to success and fulfillment in my life which I never believed was possible.*

*Now I live in a larger house with lots of nice things and I have my independence. I have come a long way since leaving university and my life has changed for the better."*



## AMH New Horizons North Down & Ards

It's been a successful year at North Down & Ards, with 241 clients achieving 526 units of achievement, realising 98 full awards in a range of vocational areas. In addition, 31 clients have progressed onto employment, further education or training. Helping clients celebrate this amazing achievement, Olivia Nash, best known for her role as 'Ma' from 'Give My Head Peace', visited the service to present certificates to clients, including accreditation in IT, Creative Crafts, Retail, Catering, Personal Development and Employability.

Later in the year David Jeffrey, social worker and football personality, was the special guest at the celebration of achievement event to congratulate 50 clients who completed their Wellness Recovery Action Plan (WRAP), which was delivered in partnership with the Public Health Agency.

One of the clients who completed the WRAP programme, Deborah Carville, shared how spending a lifetime of trying to overcome her nerves and shyness led to a total lack of self-confidence. She had tried different coping techniques and strategies and found little helpful. When the struggles of fibromyalgia were added, it became unmanageable. After 5 years of trying her hardest to fight, she found she could no longer cope and saw no future. Attending New Horizons and participating on the WRAP programme helped her to develop better coping strategies and made her realise that she had a voice to ask for help. The 'Coffee and Connect' event at the Community Café in the Flagship Centre, Bangor attracted a large crowd throughout the day as we celebrated World Mental Health Day. The event was jointly organised by Action Mental Health and North Down Community

Network, with many voluntary sector organisations working in the field of mental health and emotional wellbeing participating. The community café provided an opportunity to relax over coffee and enjoy all the activities including a tribal drumming workshop.

A large number of people signed up and helped celebrate World Mental Health Day by taking part in Chi-Me in Ward Park, Bangor. Action Mental Health are extremely grateful to Craig Connor from Ards and North Down Borough Councils Sports Development Department, for organising the session. Some AMH staff have been trained to deliver Chi-Me sessions, which will help provide the first steps towards getting people active and improving their mental health and wellbeing.

AMH New Horizons took part in the 'Art Works' exhibition in the



Ulster Hall where clients exhibited several works of art which vividly displayed a variety of styles and genres. Promoting how art helps people in the journey of recovery, Violet Maxwell, whose lino print of a robin was her first ever experience with printmaking, said "I find art very relaxing and go off in a wee world of my own. It calms me down and takes my mind off things".

The launch of the exhibition was a great event, giving the clients a real sense of pride in seeing their work, framed and hanging in a professional public exhibition space. When some clients told their family and friends that their

work was being exhibited in the Ulster Hall, they were met with disbelief, which quickly changed to awe and praise, as those friends and family made their way round the exhibition, which featured works in prints, oils, acrylics, photography, stained glass and drawing. As one client said at the event, "I feel like a real artist now".

Several clients had the opportunity to attend a 12 week printmaking course in Seacourt in Bangor, where they created smaller scale 3D works for themselves and very large scale 3D works for a future community exhibition that Seacourt are organising for September 2016.

There was a further opportunity to work with Seacourt. Clients from AMH attended a printmaking course alongside members of the 'Wise the Bap' group and participants from other wellbeing groups and organisations. AMH clients found it to be a "good experience" and "very relaxed".

The knowledge of printmaking techniques and the samples of the work these clients have brought back to AMH have inspired other clients, and also allowed participants on these courses to confidently demonstrate their work and skills.



## AMH Promote

Promote clients have been busy over the past year, continuing to develop their skills and abilities on a wide range of courses whilst maintaining and developing their links with the local community.

Clients often go out on trips into the local community as part of their courses. This year the photography groups visited a range of environments including the Bangor Marina, the walled garden, museum and local shops; various groups went on shopping trips for cooking ingredients, out for lunch and visits to different employers including La Mon Hotel.

We had a range of client days out this year, to Balmoral Show, a Christmas Carol service and a trip to the Coca Cola Factory outside Lisburn.

A group of our horticulture clients joined the 'BIFFA' conservation scheme based in Mount Stewart

where they worked alongside the National Trust over a number of weeks to learn about local wildlife and fauna, and develop their team working skills by learning how to light fires, chop wood and clearing invasive plant species to encourage the return of the red squirrel.

In September our Client Local Advisory Group attended the South Eastern Regional College Fresher's Fairs in Newtownards, Bangor and Lisburn, to give out our Life Alert wallets and tell people about it. (Life Alert Wallets are designed to help adults with learning disabilities in situations they may find challenging and also to promote independence and raise awareness of learning disability within the local community.) Our stand was constantly busy and this was a fantastic opportunity for our clients to build their confidence by talking to people and explaining about their Life Alert project. As well as going out into the

community, we have invited people to our centre in Conlig. Paula from the Bank of Ireland came to our service and gave a presentation to clients who were taking our 'OCN Managing a Personal Budget' to help them understand how to use a bank.

The Family Planning Association came back to deliver specialist training sessions designed for people with learning disabilities around relationships and setting boundaries to a group of men and a group of women. Clients found the sessions fun and informative, and it helped to increase awareness around an important area of personal safety. Also, some of our clients took part in a focus group for social work students from Ulster University so the students could chat with our clients and ask questions to find out more about service user wants and needs.







We continue to hold monthly coffee mornings which are continuing to grow in popularity, with many friends and family of clients coming to support us along with our growing networks in the community of employers, local day centres and previous clients who want to keep in touch.

This year we started up a choir that has proved to be very popular. It has performed at some of our Coffee Mornings, Awards Day and the Winter Fair. These events are growing so popular we can hardly fit everyone in the room! The choir members love dressing up to get in the spirit of the songs they are performing and are making a great impression on the local community. They have been invited

to come and sing at the local day centre and we plan to sing in local shopping centre and around old people's homes next Christmas.

We celebrated each individual's success at our annual award's day, which was great fun. David Babington our CEO, came to give out the certificates, and some of our employers came along to support the clients who work in their businesses. Our employment service has maintained good relations with a wide range of local businesses, including North Down Council, local churches and other voluntary organisations, and developed new links with The Link Project, Clandeboyne Estate and some commercial retailers over the past year.

**We continue to hold monthly coffee mornings which are continuing to grow in popularity, with many friends and family of clients coming to support us.**

## Work Connect – SES Consortium

The Work Connect team has had another successful year with AMH playing an integral role both as joint lead partner of the SES (Supported Employment Solutions) consortium and a primary delivery partner of the programme.

The other SES partners include The Cedar Foundation (joint lead), Mencap, Orchardville, NOW Group, RNIB and Action on Hearing Loss. SES is contracted to deliver the DEL Work Connect and Workable (NI) Programmes across Northern Ireland and has brought together disability organisations to provide specialist employment support to people with a range of disabilities and health conditions.

During 2015-16, 230 clients were registered on the programme to avail of 6 months pre-employment support tailored to their individual needs. Of those registered, 87 clients (37.8%) secured

meaningful paid employment and continued to receive a further 6 months in-work support, almost double the contractual target set by the Department of Employment & Learning (DEL). AMH was a key contributor to these results with almost half of those registered being directly supported by AMH staff and 40.8% of AMH clients securing paid employment.

Much of the programme's success has been due to the close working relationships between SES staff and all key stakeholders - Jobs & Benefits Office staff, DEL Programme Management staff, healthcare professionals such as Condition Management Programme staff, other statutory/voluntary organisations, and employers within the local community. These close relationships have enabled the identification of clients who would benefit from the programme as well as identifying opportunities for work

trials and paid employment which has enabled clients to progress towards, and in many cases realise, their individual goals.

During the year, SES has proactively participated in various recruitment and placement initiatives e.g. Belfast City Council, Queens University, HSCB, who created ring-fenced opportunities for clients with disabilities and health conditions to gain valuable employability training, work experience and in some cases paid employment.

We also held a number of training events in AMH Antrim New Horizons for staff from all 7 SES partner organisations which has been invaluable in terms of providing opportunities for shared learning about the programme as well as celebrating its success to date.

## Workable (NI) – SES Consortium

During the past year Workable (NI) has grown and within the SES partnership, 350 individuals with various disabilities and their respective employers were supported to return to and remain in work. Out of those 350 participants, AMH supported 30% of the individuals, who were living with mental ill health, to stay in employment and continue to do their job to the best of their abilities.

One participant who was supported by Workable when she started as a Peer Support Worker with the Belfast Trust found the following:

“The Workable Programme has made work possible for me, because it meant that I had someone to talk to. When you have a mental health problem you can become anxious or even confused. Just the very fact that I had my support worker to talk to meant that I was able to think through my ideas before I acted on them. Having this time for talking meant that I was able to get to grips with the job without feeling isolated.

Before I started with the Belfast Trust, I found it difficult to have a good routine. I had managed to be in a routine of going to bed early, but found it difficult to get up early. This seemed to result

in a low mood in the morning. I tried to arrange things to do in the morning to lift my mood and this preparation helped me when I went into work. Now I have a good routine, which I am able to stick to. Due to the fact that I have bipolar this routine really helps me.

To anyone with a mental health problem, I would say don't give up on things you want to do. Work slowly towards your goals and get the support you need. It is important that employers know how difficult it is to have a mental health problem. It is only with help and support, people with mental health problems can feel happy in the work place.”



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Taking action on mental health

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## Men's Shed

A variety of activities have been arranged across the three sheds in Steeple Antrim, Downpatrick and Fermanagh.

In Antrim, the art, pyrography and green woodwork continues to be very popular with the Sheddars skills reaching new heights as they built a polytunnel and pizza oven in the garden earlier in the year. The men have also started new activities including glass etching and stool making.

In addition the Antrim shed has linked in with local schools helping to build a bottle greenhouse and giving gardening demonstrations. They have also donated upcycled pallets for use as garden furniture in local schools. The Antrim Music group have performed at five local nursing homes as well as performing Christmas carols in local supermarkets.

The Downpatrick shed art classes are very popular and woodturning

is well attended. The men have completed classes in mosaic, tiffany glass and glass etching and the Sheddars have continued to upcycle bicycles and furniture for the local St Vincent De Paul charity shop. The men also organised a coffee morning for MacMillan Cancer and a street collection for the Simon Community, as well as taking part in the Live & Learn Project with Ulster Folk & Transport Museum over 6 weeks earlier in the year. A local Shedder also facilitated cooking classes for the men.

The keep fit classes continue to be Fermanagh's most popular activity, alongside classes in IT, basket weaving and golf. A shed was built for their garden allotment. The men also started playing danderball and basketball and took part in a Big Lottery Fund promotional video which showed-off their newfound sporting skills. The Prostate Cancer Support group established by the men is now meeting in the local

community on a monthly basis. The multitude of ideas for new and interesting activities are due to the success of the new Local Advisory Groups, which were created to give the Sheddars more responsibility in the running of their own Sheds.

All three sheds have participated in health talks. A range of organisations have visited the sheds including Action on Hearing Loss, Cancer Focus, AAA screening, Diabetes UK, Bowel Cancer UK, PSNI and AMH Mindset.

Day trips were organised to The Fab Lab, Hillsborough Castle, Mount Stewart, Museums, Castle Ward, Greenmount, Antrim Gardens and other Men's Sheds.

The Sheds recently hosted a joint art exhibition in the Duncairn Centre for Culture & Arts showcasing their talents in music, photography, art, reminiscence and storytelling.







## Together for You

The partners in the Big Lottery funded Together For You (TFY) project have agreed that the year 2015 – 2016 has been the most productive and progressive yet.

Over 28,000 beneficiaries received TFY services in the last year with a total of 54,000 TFY project beneficiaries from September 2013 until the services came to an end in May 2016. The number of beneficiaries reached in 2015/16 represents more than half of total beneficiaries demonstrating how effective the partnership had become as relationships strengthened and joint processes were established.

In addition to the significant number of beneficiaries reached in the final year of the project, there have been a number of other highlights including our second shared learning event and the World Mental Health Day event held in Guildhall Square L'derry. In addition to offering the opportunity to engage with key stakeholders in mental health in Northern Ireland and bring messages of positive mental health to the public,

these joint events also brought the partners together as a team and proved to further strengthen relationships.

Towards the end of 2015, partners got together to explore how Together For You could continue following the official project end in October 2016. Workshops facilitated by CollaborationNI allowed the nine project partners to explore how the project had impacted across organisations and the mental health sector in general. Some of the benefits partners identified, from being involved in the project, included increased knowledge of each other's services, resulting in beneficiaries being supported to access appropriate services to meet their needs at the right time; potential for partnerships to be strengthened now that relationships have been developed; and improvements to some partners internal processes as a result of learning across the partnership.

Outcomes from the sustainability workshops included a joint manifesto for the 2016 Stormont elections and a commitment to

continuing the TFY partnership following the end of the project delivery.

In 2016, the independent project evaluation, undertaken by PACEC, was published identifying key learning and outcomes from the three-year project. In addition to the significant number of beneficiaries reached, the evaluation also noted that 42,000 of these had accessed mental health promotion and early intervention services. Over 90% of beneficiaries reported an improvement in their mental health; increased ability to seek help with mental health issues; and increased ability to direct others to sources of help.

The Together For You Steering Group have committed to working together in the future to seek the best possible outcomes for mental health in Northern Ireland both in policy development and in service delivery and are excited to see what can be achieved through what has become a strong collaborative voice.

## AMH MensSana

**The TFY MensSana team was the highest educational provider under this project, delivering to 19,458 beneficiaries exceeding our targets by 6074 participants.**



**Increase in Participants**

Our teams have been out and about delivering Mental Health Awareness programmes throughout Northern Ireland to young people of all ages, as well as Teachers, Parents, Carers, and Youth Leaders in Primary Schools, Post Primary Schools and Community groups. The Together For You project allowed AMH to extend provision of MensSana, which has been operating for many years in the Southern Trust Area to the Belfast, Western, South Eastern and Northern Trust Areas also.

We deliver an extensive suite of educational mental health awareness programmes and workshops:

- 'Provoking Thought' - what is mental health and the importance of looking after your own, tailored for adults and young people.
- B Spoke workshops - including, Bullying, Confidence & Self Esteem, Exam Stress, and Suicide & Self harm.
- Healthy Me - promoting mental health and social and emotional wellbeing in children (P5-P7)

During the year the MensSana teams were also involved with three exciting projects, Together For You Project funded by the Big Lottery, NI Families funded by the Big Lottery and Mindset funded by PHA.

As part of the Together For You partnership the team was tasked with delivering programmes to:

- Pupils in Primary & Post Primary Schools.
- Key contacts including Parents, Teachers & Youth Leaders
- Community groups with special emphasis on targeted groups within Hydebank and Maghaberry Prisons

The TFY MensSana team was the highest educational provider under this project, delivering to 19,458 beneficiaries exceeding our targets by 6074 participants. Our success was in part made possible thanks to the partnership, of our TFY partners; CAUSE, Cruise, Mindwise, Aware, Nexus, Rainbow, Relate & Praxis who collaborated and networked extensively with the MensSana team.







TFY MensSana in partnership with the South Eastern HSC Trust, and Northern Ireland Prison Service introduced a suite of 26 OCN Personal Wellbeing programmes in Jan 2014 to Hydebank College and Maghaberry Prison. We were delighted to be part of the new pioneering education initiative introduced at Hydebank College by the new Governor aimed at raising the profile of education in the establishment.

AMH were very well placed to make a significant contribution to this initiative in terms of enhanced delivery of high-quality, accredited Personal Wellness Programmes and Personal Wellness Workshops to both young male and female learners in Hydebank College and older male prisoners in Maghaberry.

The NI Families Project is another partnership made up of Action Mental Health, Mindwise, Aware, CAUSE, CAMHS, Western & Southern Trust. The project is delivered in the Western & Southern Trust areas, and aims to enhance the emotional health and wellbeing of children aged 5–12 years old, who are at risk of developing significant mental health difficulties if early intervention measures are not identified and addressed, with a view to reducing their need for more intensive or long term support from statutory/other services.

The MensSana team work in partnership with the other partner providers to ensure families are supported and receive early, timely interventions.

In June 2015 AMH was commissioned by PHA to deliver the AMH Mindset programme a Mental health awareness & resilience programme. This programme is targeted at 14 to 17 year olds and adults 18+ in all community settings throughout the Western, Northern, Belfast & South Eastern Trust areas.

We commenced delivery in August 2015 and in the spirit of partnership and collaboration the MensSana team continues to raise the capacity of communities they deliver to, by ensuring that groups are informed of the other support services and resources available to them in their area.





## AMH Works

2015/2016 has been a year of positive growth for AMH Works and we are now a leading provider of mental health training and consultancy to businesses.

During the year we finished our successful series of Workplace Mental Health and Wellbeing conferences. The purpose of these was to shine a light on positive mental health in the workplace. Attended by a wide variety of business groups within Northern Ireland, the series continued in Crumlin Road Gaol, Belfast and the Guild Hall, Derry. Speakers included representatives from PWC, Virgin Atlantic, First Source Solutions, Sensata Technologies and Allstate NI and Unicorn Consulting (London). Focusing on mental health in the workplace the conferences reinforced best practice in supporting mental health in the workplace and attendees were effusive in their praise of AMH Works. AMH Works also held four further wellbeing stands in Tesco, George Best Belfast City Airport and Riddel Hall for Business in the Community.

Throughout the year AMH Works continued to develop our training courses which were offered to a range of business sectors including clients such as Michelin, Sainsbury's, Tesco, Lidl, Allstate NI, PWC, The Consumer Council, Kilwaughter Chemical, CCEA, Surestart and Victoria College.

During the year AMH Works presented 41 Personal Resilience programmes, 24 Mindful Manager programmes, 2 Mental Health Awareness programmes, 2 Stress Management programmes and 1 Safetalk programme.

In partnership with Libraries NI and the Department of Agriculture and Rural Development, AMH Works delivered Personal Resilience, Safetalk and Stress Awareness programmes. This initiative was for members of the public and was presented in Libraries throughout Northern Ireland.

In 2015 AMH Works continued to build our business with Sainsbury's and other high street retailers such as Tesco and Lidl.

We worked to create bespoke training packages and deliver Mindful Manager to, directly and indirectly, hundreds of management staff. Our Mindful Manager programme has been integrated into Sainsbury's mandatory manager training package.

Throughout the year AMH Works developed a Mental Health Toolkit for Managers in partnership with Business In The Community (BITC) which is aimed at supporting managers to deal with mental health within the workforce. The purpose of the tool kit (to be launched on World Mental Health Day 2016) is to provide managers with the necessary tools, confidence and skills to support an employee or colleague who may be showing signs of mental ill health. The BITC Champions Group who supported the Toolkit include Asda, Belfast City Council, HSC, Danske Bank, Firmus Energy, Firstsource, Gilbert Ash, Michelin, Multi Packaging Solutions, PSNI, Translink and Triangle Housing.

## Managing the Challenge

Managing the Challenge (MTC) is a Stanford University licensed Chronic Disease Self Management Programme, funded by the Western Health and Social Services Trust (WHST) and managed, co-ordinated and delivered by Action Mental Health (AMH). throughout the WHST area.

Between April 2015 and March 2016 260 people have attended 25 training courses with 218 people completing training. Local physiotherapy and respiratory departments, continue to be constant referrers with a wide range of conditions included in referrals. Development is continuing with pain clinics,

early supported discharge teams, pulmonary rehab teams, respiratory team, primary care liaison teams, social workers, GPs as well as co-ordinators within voluntary and community groups to encourage referrals into Managing the Challenge. The feedback from participants has been very positive.

Since the courses started, participants have stated that the Self Management skills acquired make them feel more confident to manage their conditions. The friendly supportive nature of the group settings and the feeling of no longer being isolated, alone and struggling to manage has

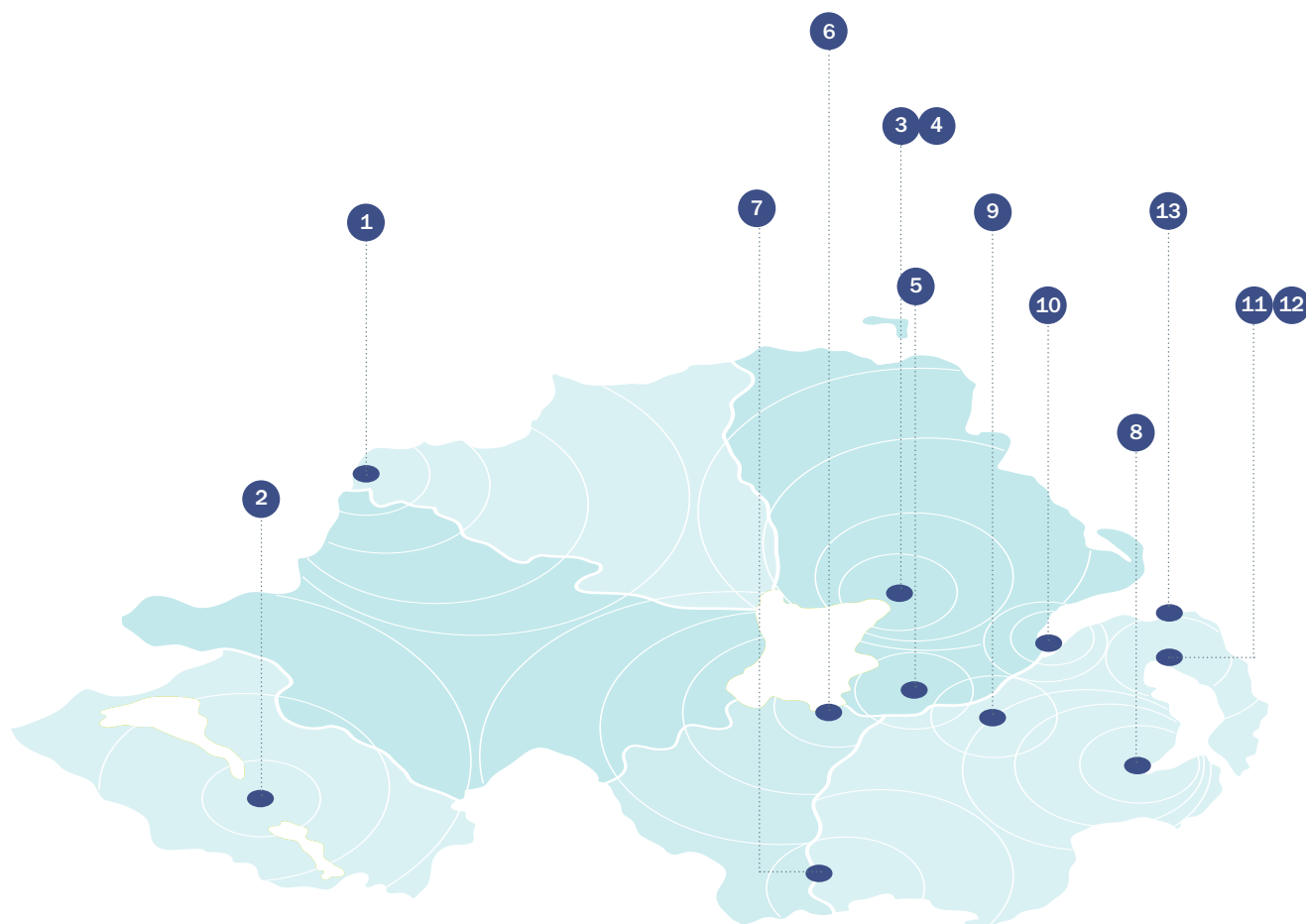
been a positive experience for participants. They feel better able to plan for the future without fear. Improved communication with their families and health care professionals is another very empowering benefit.

With the inclusion of the physiotherapy departments, along with the referrals from the pain clinic and the community mental health teams; arthritis, pain, diabetes, depression, anxiety and fibromyalgia are the dominant conditions presenting at courses.



# LOCATIONS

- 1 AMH New Horizons, Foyle
- 2 AMH New Horizons, Fermanagh
- 3 AMH New Horizons, Antrim
- 4 Regional Office, Antrim
- 5 AMH New Horizons Craigavon
- 6 AMH New Horizons Portadown
- 7 AMH New Horizons Newry
- 8 AMH New Horizons Downpatrick
- 9 AMH New Horizons Derriaghy
- 10 AMH New Horizons Belfast
- 11 AMH New Horizons Newtownards
- 12 AMH Central Office, Newtownards
- 13 AMH Promote, Bangor



Find our contact details on [www.amh.org.uk](http://www.amh.org.uk)





