

## FUNDRAISING THANKS BELFAST CITY MARATHON



Huge congratulations to **Joy Bell** and **Leanne Savage** who completed the full marathon in aid of AMH – raising almost £2,000! Joy's brother Andrew attended New Horizons in Newry for 10 years. He is now working in a toy shop, buying a new car and living a very full and happy life. Well done also to AMH's Relay Team at the marathon, pictured L-R **Michael Cultra, Catherine O'Connor, Liam Keenan, Johnny Stevenson** and **James Savage** in a time of 2:53.41.

## BIG ITALIAN BIKE RIDE



Huge thanks go to **Mr Kevin Hillen**, pictured above with our Client Development Coordinator Alex. Mr Hillen's wife attends our service in Newry. He completed the cycling sportive and raised a total of £180.



After the race, **North Down Physios** and **Active Health Solutions** donated the proceeds from their post-event sports massages, raising £390.

## ANNUAL GOLF CLASSIC



**Oisín McConville**, ex-Armagh all-star Gaelic footballer, entered a team in this year's Golf Classic in Newry, with Greg Smyth from McKeown's Solicitors who sponsor the annual Golf event for AMH New Horizons.

## UPCOMING EVENTS

### BELFAST PRIDE



Plans are afoot for our first attendance at Northern Ireland's largest celebration event for members of the LGBT community, taking place on **Saturday 2nd August 2014**.

### STEEPLECHASE AND FUNCHASE

Our running event returns this year to a new venue, Delamont Country Park, on **Saturday 20th September 2014**, again supported by East Down Athletics Club.



### GRANITE CHALLENGE

Our cycle sportive taking in a 55 mile route over the Mourne Mountains, in association with La Laterne Rouge and Mourne Cycles, also returns on **Sunday 5th October 2014**, beginning our week of events for World Mental Health Day.



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## ROYAL VISIT TO BASKET CASE IN FERMANAGH

The Prince of Wales and the Duchess of Cornwall visited AMH's Basket Case Exhibition in Fermanagh County Museum. Enterprise Minister Arlene Foster was also in attendance.

The exhibition, supported by the National Lottery through the Arts Council of Northern Ireland, was influenced by Drumclay Crannog and aims to challenge the stigma associated with mental illness while showcasing the creative talents of clients.

## AMH CELEBRATES SUCCESS IN BELFAST

Family friends and supporters gathered at AMH New Horizons in Belfast to celebrate the many achievements of clients in the last year.



Health Committee member Fearghal McKinney MLA presented certificates to clients for a range of OCNs in personal wellbeing, employment and computer skills, and NVQs in catering, retail and customer service.



## TOGETHER FOR YOU WEBSITE LAUNCHED



LOTTERY FUNDED

Together For You is an innovative project aimed at delivering mental health and wellbeing services to a range of people across Northern Ireland. The £3 million Big Lottery Fund project is led by Action Mental Health (AMH) in association with Aware Defeat Depression, CAUSE, CRUSE, MindWise, Nexus, Praxis Care, Relate NI and The Rainbow Project. [www.togetherforyou.org.uk](http://www.togetherforyou.org.uk)

## RELAXATION DAY AT BELFAST INTERNATIONAL AIRPORT



As part of our charity partnership with the Belfast International Airport we held a Relaxation Day in Departures, offering massages and sound therapy to passengers waiting for their flight to de-stress.

## ANTRIM HEALTHY ACTIVITY WEEK



New Horizons Antrim hosted a range of events during the week, in association with Active Communities, including Bocca, Badminton and Rounders. The group then enjoyed an away day trip to Sentry Hill and Hazelbank Park in Newtownabbey. Fun and games continued with an introduction to Tai Chi and the week came to a close with Street Dance and a BBQ.

## CYCLING IN FOYLE



Clients of the QUEST project in Foyle completed a 6 week hiking and cycling course with Far and Wild which takes place on Sunday mornings and challenged them both physically and mentally. AMH's Damian Bonner has qualified as a cycling instructor and clients are completing Level 1 and Level 2 Cycling Proficiency. They will also be starting Bike Maintenance shortly. Clients are able to borrow 2 bikes from the service to use in their own free time. Three clients have bought their own bikes.

## BIG ITALIAN BIKE RIDE

A week before the international event, Chain Reaction Cycles' Big Italian Bike Ride took place, a cycling sportive for over 1,400 cyclists in celebration of the Giro d'Italia coming to Northern Ireland, and Action Mental Health played a big role as one of the chosen charities for the event.



AMH staff, clients and volunteers worked their socks off in preparation for the event, packing goodie bags, sorting registration packs and working at the Pizza Party in the Odyssey in Belfast, followed by an early start on Sunday morning for route marshals, feed station operators and organisers. Team AMH cycled the route too, including our very own CEO David Babington, Joanna Miskelly and Gavin McConvey, joined by, among others, cycling legend Sean Kelly. Huge thanks go to everyone who helped out before and during the 2 days to make the event such a success!

## GIRO D'ITALIA FEVER



At the Giro itself, staff & clients from our Belfast New Horizons Service got into the "pink" spirit and enjoyed all the festivities on offer in the city centre!

## LIFE AFTER STROKE AWARD FOR KATE



Kate, a client from AMH New Horizons Antrim, volunteers for the Stroke Association Stage 3 Group in Newtownabbey, where she has also been a leading light in awareness and media activity. She also delivered a considerable amount of talks as part of the Lesson for Life schools programme. Kate received the award from Noel Thompson (BBC) and attended the ceremony with her dad.

## YOUTH MENTAL HEALTH ART EXHIBITION



An Art Exhibition themed around how to look after your mental health took place at the Playhouse in Derry. The event was supported by Omagh artist Geraldine O'Reilly and celebrated the continuing success of the Salus Project which has been promoting the emotional well-being of young people (aged 12-25 years) through training in counties Derry, Donegal, Cavan and Fermanagh since September 2013.

## FUNDRAISING THANKS

### LARNE HALF MARATHON



Ballyclare schoolteacher, Hazel Wynn, celebrated with "squirrels" of 7th Larne Scouts after she raised £100 in aid of AMH. Mrs Wynn, a Home Economics teacher at Ballyclare High School, decided to fundraise when Ballyclare High School where she works welcomed Gary Kane of AMH Works, who taught students about the importance of looking after their mental health.

## PROMOTE AT BANGOR MARKET



AMH Promote clients enjoyed manning their first stall at Bangor Market selling their fabulous potted and bedding plants. The group raised over £200 for their service and hope to make their attendance a regular occurrence.

## "SO SMALL A THING TO ASK"



Clients from AMH New Horizons in Bangor have been participating in the Linen Hall Library project. The exhibition includes their final piece of work (pictured) and 16 other individual pieces of art, and was displayed in the library until the end of May.

## ALL STATE



Thank you to All State Belfast for their recent donation of £6,269 as we were one of the company's chosen charities in 2013. To mark their donation All State received an "AMH Head's Up Award".