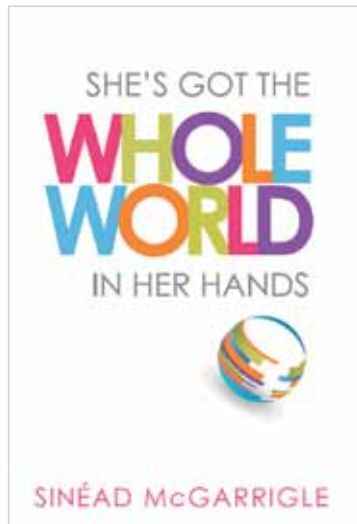


JUNE 2014

BOOK LAUNCH IN DOWNPATRICK

“She’s Got the Whole World in Her Hands” by Sinead McGarrigle was launched in Down Arts Centre on Wednesday, June 25 with the author donating 15% of book sales on the night to our New Horizons service in Downpatrick. The

Seaforde woman enjoys helping those affected by both physical and mental illness, having recovered from her own period of darkness twelve years ago. She started up her own business Lifetime Health and produced the book with some of the techniques that have helped her and many others.



JULY 2014

PROMOTE VISIT BELFAST CITY HALL



On the 3rd July, members of our Life Alert group at AMH Promote gave a talk to Belfast Lord Mayor Nichola Mallon and her team at Belfast City Hall. The group gave a presentation about Life Alert and how the wallets can give them the confidence to become more independent. The Mayor said it was one of the best presentations she has seen and thanked them for their time and effort. The group were then treated to a tour of the building. Many thanks to everyone who made the trip happen.

CLIENT CELEBRATION DAY 2014



We held our Client Day on Thursday 26th June at Crawfordsburn Scout Centre. The day was a complete success with staff and clients enjoying a range of activities including sound therapy, an assault course and rock climbing. At lunch time we enjoyed a BBQ and ice cream. We finished up the day with live music provided courtesy of Fiddler Adam - with some people showing off their dancing skills. We thoroughly enjoyed the day and hope everyone else did!

FLY FISHING IN FERMANAGH



Lucky clients at our New Horizons Service in Fermanagh had the opportunity to take part in a “pond dipping” and “fly fishing” course, delivered by Michael Shortt (a contributor to Trout & Salmon Magazine) and Mark Corps. Clients were able to learn the theory about the life of the fish, the life of the fly and then the direct experience of seeing wildlife up close and personal at Mill Lough, Ballanaleck. The group will get the opportunity in the coming weeks to put their skills to the test in a local fishery to catch trout!

NORTH DOWN & ARDS CLIENTS MEET LOCAL MAYOR



Client and staff from AMH New Horizons North Down & Ards were delighted to be invited for refreshments in the Mayor's Parlour with Cllr Peter Martin, Mayor North Down Borough Council. The Mayor had attended the recent AMH Client fun day at Crawfordsburn and was interested to find out more about the work of AMH in the North Down area. Cllr Martin listened to clients' experience of the vocational training and personal development programmes which AMH provides and responded to questions which clients had about the new 'Super' Council's role in promoting positive mental health and wellbeing within the area.

BELFAST PRIDE 2014



The torrential rain didn't keep our team from Belfast's biggest annual festival - Pride. AMH were joined by Amanda from Together For You as part of their partnership work with local LGBT organisation, The Rainbow Project.

MENSSANA FUN DAY AND HEALTH FAIR

AMH MensSana and Lisburn Distillery Football Club put on an interactive Family Fun Day & Health Fair on Saturday 2nd August. The day was a great success with families coming along to chat about the importance of good health - both physical and mental.



SHEDDERS TEST THEIR POTTERY SKILLS



Check out our Men's Shed project Facebook pages to keep up-to-date with all the fun activities of our "Shedders" in Antrim, Downpatrick and Fermanagh. In August, the men tried their hand at throwing clay on the pottery wheel during a great day out at Eden Pottery!

MENTAL CAPACITY BILL EVENT



The Mental Capacity Bill Event took place at the end of August at Grosvenor House in Belfast. Stakeholders and members of the public were invited to find out more about the legislation consultation and take part in the discussion with Dr Colin Harper of The Law Centre NI. AMH and other mental health charity partners were also in attendance.

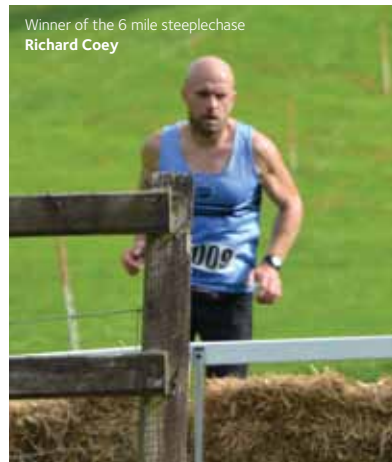
WORLD SUICIDE PREVENTION DAY



AMH MensSana observed World Suicide Prevention Day, 10th September, with a balloon release at TESCO Extra Craigavon to promote worldwide action to prevent suicides. Staff also hosted an information stand for local people highlighting the wide range of support that is available regarding mental health, suicide and self-harm prevention.

AMH MensSana have been out and about all over NI. To find out the latest follow their new facebook page www.facebook.com/amhmenssana

AMH STEEPLECHASE AT DELAMONT



Winner of the 6 mile steeplechase
Richard Coey



Winners of the 3 mile fun chase
Laura Gardiner & Owen Edwards

The 2nd novelty steeplechase in association with East Down Athletic Club took place in Delamont Country Club. This year there were no weather warnings – just perfect running conditions!

FUNDRAISING THANKS

BSO GIVES MENTAL ILLNESS 'THE BOOT'

As the World Cup drew to a close, local amateur players from The Business Services Organisation (BSO) in Franklin Street, Belfast were celebrating their own success with the proceeds of their charity football match going to support local mental health services. The group raised £1,118.10 at their event held on 6th June at the Dubs Pavillion on the Malone Road. AMH's Head of Business Development Brian Murtagh presented the trophy to the winning team, the Family Practitioner Services (FPS), and thanked the group for choosing AMH as their benefactor.

